Motherhood

The Generative Organs Their Purpose and Derangements

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Susanna Cocroft

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MOTHERHOOD

KNOW THYSELF SERIES

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BY SUSANNA COCROFT

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To woman is given the most beautiful and most sacred privilege—the power with God to create, to bring forth and to unfold life—the privilege of motherhood, physical and spiritual.

It is her privilege and pleasure to guard and to nurture the little one during its delicate young years, to direct it as it expands and grows into a radiant, useful life. She finds her companionship in its responding love and her compensation in the ultimate ripening into useful, beautiful maturity.

Here is a Divine agency, uplifting, refining, ennobling—the connecting link between

the visible and the invisible, between the finite and the Infinite, between man and God.

Surely no woman can undergo the responsibility of motherhood without developing an unfolding beauty and strength of soul, without being uplifted by the consciousness of her kinship with her Creator.

Are you an expectant mother? Then you know that you have formed a partnership with the Creator of all life. Rely upon the power of this partnership. Keep in mind constantly that the Creator of life is Love and that this Divine Force, having asked your help, is going to uphold, to inspire, to empower.

Realize that you are surrounded with a spiritual atmosphere of beauty and loveliness and protection. Know that the "Eternal God is thy dwelling place and underneath thee are the everlasting arms." Keep in mind this enveloping love and *stay close.*

You are breathing, thinking, seeing, feeling for the new life that is given to you—cement this partnership.

Fear motherhood? No, no fear, but loving expectancy, with perfect faith and confidence that all is well. Yield yourself to the beauty and the sacredness of it.

"God's in His heaven,
All's right with the world."

And *all is right with the mother and the child.*

Know that Nature would not make laws governing the bringing forth of life that were disastrous to you if you observe them.

This attitude of love begets kindness toward all living creatures and in the mental attitude of kindness the nerves direct more normal impulses to the body, which will function normally if given the proper material.

Regard your body as a sacred temple. Sweetly and sacredly prepare body, mind and spirit for the trust of another soul. Keep it wholesome, pure and sweet. Conform to Nature's laws of food, air, water and exercise so as to keep the body clean within as well as without and free for the flow of pure blood containing proper nutrition.

Your body is the most wonderful mechanism known in life. Attend to material conditions just as you would have your engineer attend to the engine of your automobile. Keep it clean within as well as without. Give the machine a proper amount of gas (food), the proper amount of water, sufficient air in the valves, and keep it clean by exercise. An engine will rust if disused; the body will become clogged if not used sufficiently. You need daily exercise for every tissue.

You have been given intelligence with which to select pure food, pure water, pure air and proper exercise. Use this intelligence in attending to these material conditions and then *trust.*

Great souls are usually born of great mothers.

If her mind dwell on chaste and elevating subjects, or if she delve into the purest and highest of art, literature, philosophy and science, if her actions be permeated with a sweet and wholesome spirit of kindness, helpfulness and consideration for those about her, this high degree of spirit-

uality may leave a like impress on the soul of her unborn child, impossible of effacement.

A child whose spiritual welfare is so fostered naturally reveres all that is elevating—the beauties of Nature, the great achievements of mankind, in fact all that constitute true greatness in character and mind; every noble act or impulse are reverenced by him.

An expectant mother should eliminate every thought and thing that tends to divert the highest current of her mind and soul. She should surround herself with everything which tends to uplift and ennoble. She should create in the home life an atmosphere of pure, unselfish and elevating ideals, finding beauty, use and pleasure in the simple, everyday things of life. If she keep close to Nature, the Master Artist, she cannot harbor artificial or common thoughts. If she mentally and spiritually dwell on the heights, the purity and strength of this atmosphere will be an essential part of her child's after life—will color his future.

An environment of wealth and power is not in any sense essential to the birth of a great and courageous soul; these might serve but to gratify a purely sensuous taste and thus cause psychological conditions that would give birth to a nature inclined to revel in pomp and empty show.

Howsoever humble her position, or howsoever narrow her environment, a mother has access always to Nature's great gallery. She may enjoy from her doorstep, according to her soul sense, the glorious sunsets, the clouds with their rare fashioning, the music of the wind among the trees, the perfume of the flowers, the restfulness of the droning bees—all of these permeate her senses and are hers.

If the mother look for beauty in Nature, she often gets more out of simple pleasures than the rich and great who have become satiated by a too profligate use of wealth's privileges. Such ennuied mortals pass with unseeing eyes the rarest gems in Nature's gallery, and in their restless search for some new interest rush to view the works of her imitators in

art galleries made by man. Scenes and pictures in Nature are beyond the brush of artist. No man yet has painted a sky. No man yet has given us water with the ocean's swell. Man imitates still life, but the spirit and movement are God's. One never fully appreciates man's imitation until he has felt and appreciated God's original.

"I know that I shall never see
A poem lovely as a tree,—
A tree that looks at God all day
And lifts her leafy arms to pray:—
A tree whose hungry mouth is prest
Against the Earth's sweet flowing breast;
A tree that may in summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain,
Who intimately has lived with rain,
Poems are made by fools like me
But only God can make a tree."

Joyce Kilmer.

If one is not financially able to procure paintings, a few simple prints of great masterpieces may serve the purpose of fixing the true ideals of art, and thus create

the atmosphere most beneficial to foster the artistic tastes in her child.

There is beauty in a blade of grass, there is use and dignity in the making of a loaf of bread.

The mental and spiritual attitude with which one approaches her work makes her queen or serf. A woman may be as much a queen in the preparation of a meal for her family as in the idle reading of a novel in her library.

Keep ever in mind the sweet, new dignity, use and purpose given to your life—the mysteriously beautiful new life, placed entirely within your power to form into a perfect being. Endeavor to impress on it the stamp of chaste, dignified, strong and useful force, that it may develop into a power for good, for right, for truth. You will thus endow it with a dynamic force which shall give it the strength to make this power felt.

When woman has developed a keen appreciation of the beauty in even a grain of sand, she is, indeed, rich, at peace with

the world. She envies no one, thinks kindly of all God's creatures, and is ever ready to extend the helping hand when needed.

The capacity for happiness and the cultivation of the habit of taking a happy view of life is one of the most blessed heritages a mother can give to her child, and the habit of finding beauty in the everyday of life is a rich heritage.

She who is keenly alive to Nature's beauties transmits to her children the ability to be happy, alone with Nature, and with God, independent of life's uncertainties.

A taste and talent for music may be created and stimulated in the child through a mother's appreciation of the song of a bird.

She may through this song make him conscious of perfect harmony and balance; she may set in motion a line of noble and chaste tendencies. She may approach the footstool of the Creator of life, and transmit to her child a resonance of celestial symphonies thus heard, a reflection of visions thus seen, that will lift him to an

exalted plane and engender spiritual conditions which will be his inspiration to great things.

This was beautifully illustrated in the child of a friend, who, notwithstanding moderate financial circumstances, had surrounded herself with an unusually exalted thought atmosphere. At five years of age, although rated by most people as a quiet, imaginative child, he seemed to those who knew him best, hardly less than an infant prodigy. He did not manifest the usual childish curiosity concerning the "whys" and "wherefores" of being or of things, but in a quaint, childish fashion would tell you—if you happened to be in his confidence—what they were, and why they were. He saw the rarest beauties in a sea shell, and would explain in baby poetry the complex causes and processes of its beautiful colorings, the impressions left by the life the shell had protected. The soughing wind meant to him sweet lullabys or solemn commands—the angels were on the wires. The rain, the dewdrops the flowers, everything in Nature, had for him a rare and

beautiful significance. When asked where he got his beautiful thoughts, he replied:

"God sends an angel who tells them to me." God's angel was his mother.

"A poet in embryo"? Yes, certainly, full of poetic fancies, yet amazingly practical withal, for his mother, aside from her spirituality and ideality, was a practical, perfectly balanced physically sound woman, who realized that the world needed pure and spiritual-minded, practical men and women as well as poets.

The mother is most responsible for the little life launched "from nowhere into now," from the infinite realm of "somewhere" into the definite world of action. During all of its nesting, formative period, it is influenced by her health, by her environment, by her mental poise and spiritual atmosphere.

Then, more than ever she needs to be sustained and soothed by a tender loving husband.

Her obligations are far geater than those of the father for she cradles her

child within her own body for nine months, nourishing it with her own life blood, and unless she be physically strong, the child must suffer.

After conception the father can effect the life of his child only through the care of the mother, guarding her in an atmosphere of love and tenderness that her thoughts may direct the normal functioning and nutrition during gestation.

Perfect health tends to insure not only a normal well poised brain, but a well poised brain tends to insure the regular flow of nourishment to the growing fetus.

A diseased or unsound body (and this is especially true where the organs of generation are involved) reacts on the mind, and many unnatural symptoms during pregnancy result.

To bring an innocent soul from the infinite realm and thrust it into a hostile environment, to struggle, rise or fall, without the equipment of the normal heritage of a perfect body and brain is a tremendous responsibility. The ignorance and thought-

lessness manifested by thousands of women on this subject is truly lamentable.

Each succeeding generation should progress by avoiding mistakes and profit by the experiences, of the past.

The reformation and redemption of the world, of society, politics and commerce, rests with the individual, and mothers should rear children of staunch principles, uprightness of character and purity of thought. We need leaders in social and civic progress, and real advancement comes through progress in the hearts and minds of individuals through the establishment of just principles, of high ideals, and the recognition of moral obligations.

We need rational, intelligent mothers, mentally, morally and physically sound, mothers with sufficient courage and stamina to sustain their convictions.

One strong, well-balanced character can color the thought of a community; one strong community can carry a city, and a city a state. The far-reaching influence of the life of one single man or woman will

never be known; but it is the privilege of each to make the influence of his life vibrate through the ages.

The evolution and perpetuation of an ideal people, of an ideal civilization, rest largely with the mother in fixing elevated ideals for her children. Nature has entrusted her with this responsibility, a responsibility far higher than is within the gift of man.

Through the beautiful privilege of motherhood she may attain the pinnacle of fame; through her children, she may realize the greatest measure of happiness, contribute the largest share of usefulness to the world. Through neglect or abuse of this privilege she may do infinite harm.

Children are not sent into the world merely for the perpetuation of the race. They also kindle and strengthen all the best and highest in the mother and father natures, they broaden their lives, elevate their thoughts and quicken their sympathies and affections. A child's craving, therefore, for the fullest measure of its parent's affection is a natural instinct, im-

planted within it for a wise purpose. A mother's loving and intelligent response to this call means her highest evolution, and insures a beautiful, wholesome atmosphere of growth for the child.

Spiritual Motherhood

The mere giving of physical birth to a child is not motherhood in its holiest and best sense. Every true woman is a born mother.

The Eastertide should begin at conception, begin when the mother soul is illumined with the knowledge that to her is given the trust of a soul, the beginning of a new life. The spiritual mother nurtures, loves and cherishes the child in thought before its advent. She is uplifted by the knowledge that the beauty of its unfolding is hers, and with it comes the uplifting inspiration to create a perfect life—comes the realization of her kinship with her Maker. Such is true motherhood, the physical is simply the instrument for its expression.

Mothers there are in whom the mother love, the mother nature has developed by the thought and care of the little ones, who have never given physical birth to a child. This spiritual awakening is often noted in a childless woman, and the world says: "She ought to be a mother, she loves children so." She *is* a mother in truth, in the best sense, as soon as the mother soul is awakened.

On the other hand, there are mothers who have never realized the possibilities of rising above the mere physiological machinery of child bearing and the material care of the child. Such have never given real spiritual birth. To them motherhood means merely physical pain and the mental and physical effort to care for a child. Such are to be pitied, for the joys of true motherhood are to them a blank page. Some friend or sister who has experienced the awakening of the mother soul is often the true spiritual mother of their children. It is a pity, in such cases, that the spiritual mother, married or single often can not adopt the child.

The spiritual mother sees to it that her child does not suffer soul isolation or starvation. She sees that body, mind and spirit, the human trinity, receive equal care.

Great masterpieces on canvas depict the beauty of spiritual motherhood; in their Madonnas they have achieved the highest art.

Beautiful copies of these masterpieces, in sepia tints and in black are sold at very modest prices, excellent reproductions, suitable for most artistic homes. They are educative, inspiring and helpful to any expectant mother.

Imitation

By example, poise, presence and movement the mother impresses on the young mind and soul the mental and moral results of her thoughts.*

A child's tendencies and habits are formed before he leaves the close compan-

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*Publishers' Note: See "Reading of Character through Bodily Expression" by Susanna Cocroft.

ionship of his mother to mingle with friends. If she is in good health, is well poised mentally, morally and physically, she can at least meet the responsibilities of to-day, to-morrow, the future, with courage and determination to discharge her full duty. The result of this effort on her part will be transmitted, or impressed, on her children, and will blossom forth in will power and sterling traits of character.

Example is more than precept—the child grows by imitation. Be yourself in both mind and body the example of what you would have him become; let your physical strength and your upright attitude inspire him to soundness, to freedom and to uprightness of body and mind.

Many conditions ordinarily termed inherited are the unconscious imitation of parents, or teachers, or are the result of the nerve impulse which the child receives from the mother in its tender years.

Form for yourself, first, the habit of correct bodily poise. The mother who moves about her home with drooping head and chest, rounding shoulders and slouch-

ing hips, will never be able to measure the effect on those about her, will never measure the depressing effect on growing children.

Let no woman put a picture of an ideal figure in her home, for educative effect, which is more beautiful in physical and spiritual expression than she herself is.

The upright head and body inspire to uprightness of thought; the rounded, full chest expresses courage; the very lifting of the chest and inflation of a full draught of pure air give strength and poise. It helps to rid the system of impurities and brings all vital organs to proper position.

The reflex action of bodily poise on mental balance is too broad a study to be discussed here; but, mothers, remember that *your children grow by imitation.*

Do not lose sight of the fact that happiness and health are habits, that a child's nerves are very responsive, and habits are very quickly formed in the early years.

A happy face, a buoyant poise and a cheerful tone have much to do in forming

habits of looking on the bright side of lift. If you form the habit of cheer and brightness in your child, by your own example, you have tided him over many an otherwise disagreeable experience in years to come. A habit of looking on the duties of life, not as worries, but as a series of events to be met with a well-poised brain and a happy mental attitude, is indeed a heritage. It is worth more to him than gold.

Inheritance and Environment

Environment plays a most important part in the lives of children; yet if they are born with strong natures they are better equipped to rise above surroundings which tend to degradation, and will some day grow out of it.

A mother not only transmits tendencies to her children, but through the environment and habits of thought she creates for them, and which she teaches them to assist her in creating, she largely determines their future.

Do not allow your child to relax to the impression that he is a "creature of environment." Rather train him in the thought that he can mold his environment to conform to his highest, best motives and purposes.

Do not make the grievous error of assuming that you are the product merely of your ancestors' ways of living and thinking and that your life is thus beyond your control. This thought is disastrous to all endeavor.

We are too apt to lose sight of the fact that we inherit good tendencies which far outnumber the bad.

"The mothers of great men have themselves been great," is an aphorism based, to a degree, on facts, but often the world does not discover the mother's greatness until it is recognized in the son. After maturity each is, in the greatest measure, the product of his own way of living and thinking. If one's progenitors have transmitted to him, certain evil tendencies, it puts on him an obligation to correct them to

such an extent that they will not be transmitted to, or impressed on his offspring. Here one faces true personal responsibility.

In the short span of life allotted to each mother she can at least begin a tendency towards right and noble living that will conquer, or turn aside, the evil tendencies stretching through the ages. We live but for a day, but good or bad influences live on and on, manifesting themselves from generation to generation, and impressing us through the "choir invisible."

It is only hereditary *tendencies* which are inherited, not the conditions themselves, and tendencies can be corrected. Make the most of whatever sterling qualities have been transmitted to you, or impressed on you, and you will reap the reward of your efforts in mental and spiritual growth, and in the advancement of your children.

Every child born of fond, true parents, with a clean, wholesome body, who has been cherished in thought and deed through its entire fetal life, is nobly born. No child need ask for a better heritage. Through

individual integrity and effort, every man may become a king, every woman a queen.

Children born with, or who have cultivated strong wills and great force of character, imitate least; they most quickly rise above environment. But the inspiration and desire to rise must be quickened by the right ideals. These ideals once fixed, the battle is half won. It is the weaker nature that accepts the conditions of life as inevitable and makes no effort to rise above them. Yet this acceptance and the habit of hiding behind environment as an excuse may grow up out of the strongest if the impression is made under the stress of emotion.

Ease and luxury are not conducive to development. It must come through personal endeavor, through the natural process of evolution, or as an inheritance from progenitors who have met obstacles and conquered them, who, having conquered, do not forget or disregard Nature's immutable laws. The children of the middle class, born into environment where strong and weak natures alike are put to the crucial

test, most often rise to greatest power. Out of endeavor is born strength and courage.

Unwholesome ideas should be banished, and the habit of looking for good in friend and foe, for right motives underlying all human effort should be fully impressed on the growing child. Remember that good is infinitely higher and stronger than evil and that health, kindness and love are the natural states and the atmosphere for growth.

Keep the mind of your child on the positive; teach him to face the right, to look for the highest and the best in nature and in all life, and you will give him the priceless heritage of true nobility and true happiness.

Selection and Education for Parenthood

The great geniuses of the world, men and women who have done and dared, who have achieved, who have accomplished most, who have conferred greatest benefits

on humanity, were *born right.* Their parents made conscientious and joyous preparations for their coming; they were loved, cherished and tenderly fostered in thought before their conception.

It is needless to add that harmonious conjugal relations are most essential to such a birth.

Life holds no greater responsibility than that of bringing into the world a helpless human being. That life should be handicapped before it is given is heinous, yet how little time is given to the study of eugenics. *

The study of engenics includes not only the selection for parenthood based on heredity, but also the protection of those selected, in so far as it has to do with prevention of the conception of life.

When will the world arouse to the responsibility of preventing conception by

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*Every young man and young woman will do well to read Parenthood and Race Culture by Caleb William Saleeby, M. D., Ch. B., F. Z. R. Edinburg; Sexual Knowledge and other sex books by Dr. Winfield Scott Hall, Northwestern University Medical School, Chicago.

sterilization in morons or prevention by other means in those who would transmit incurable disease to posterity?

The destruction of life is a crime. The prevention, where every sign points to an insurmountable physical handicap, is a duty.

A most sacred duty devolves on parents to educate their children in these laws of life.

In the fulfillment of life's evolution a natural desire is implanted in the breast of every mother worthy the name, that her children have better opportunities than she has enjoyed; that they may reach the highest possible standard of mental, moral and physical development; that they may attain to the fullest measure of life's success and happiness.

As long as there are mothers, ignorant and narrow, or others who are contented merely to be pretty and wear fashionable gowns, who cannot, or do not rise above the trivialities of gossip and senseless vanities of fashion, children with similar ten-

dencies will be conceived. And just so long as the world holds mothers who are avaricious, greedy for power, or who regard wealth, beyond their personal needs, as their god, will these tendencies be transmitted to their children. Yes, and just so long as mothers harbor jealous, envious, bitter, unclean and unworthy thoughts, will these likewise be transmitted to posterity, through the great law of spirit impress.

Too many parents have a deep-seated idea that they have conferred a grave obligation on a child by giving it birth, believing that it should be humbly grateful to them for such life, no matter how hard and joyless it may be. Why should it be grateful?

Just how far a child's moral obligation to its parents extends, when they recognize no moral obligation in bringing it into the world, is a question.

The primary right of every child is to be born not only well, but "on purpose." If it has not been longed for, loved, and its

coming anticipated in the most intelligent and thoughtful manner, it has sustained an injury before its birth. Maternal love, when awakened at conception, however, will insure it, to a very large extent, advantageous prenatal influences and be an operating factor in its entire life. An incompetent artist is merely a pathetic failure; a superficial woman lawyer simply goes clientless; a trivial woman doctor may get a chance to cure a few patients, but her career of harm will be brief; a shallow or lazy woman journalist will be crowded out and back by industrious competitors; but a superficial, shallow, incompetent or trivial mother will poison the stream of life as it flows on and on in an endless widening of incompetence, of pain or disease, of insanity or of crime.

The realization of our fondest hopes comes to us through deliberate and intelligent planning. We carefully guard our pet animals and avoid such cross-breeding as would result in a deterioration of their species; we watch and tend with much care the flowers of our garden, giving them intelligent stimulation and nourishment to

encourage perfect fruition; yet in the reproduction of our own species, the highest, the most complicated and most sacred process in Nature's scheme, we depend on chance to work miracles.

It is a lasting reproach to the intelligence of the age that man, woman or child should feel ashamed, or refrain from an intelligent understanding of himself, and of the beautiful law of generation. Such a view of life's duties and obligations is unwholesome and erroneous. Too many women pride themselves on their ignorance of these laws through a mistaken idea that such knowledge means more modesty and refinement.

Real safety lies alone in knowledge, not only for the mother and for young women contemplating marriage, but also for the child.

The information should be imparted by parents, attended by the refining and ennobling thoughts which a parent would instinctively give. It should be given the

grave importance which it occupies in the life of every human being.

Mothers, fathers, this is an education you *owe* to your children. Do not shun it, do not give them the impression that there is anything about this sacred duty and privilege of parenthood which cannot be discussed freely with father and mother.

Many a young boy or girl falls through ignorance or through sheer curiosity to know something of the, to them, mystical sex relation, while knowledge would have safeguarded them.

Sex instinct is natural in every normal child and information will come to him from some source. First impressions are hard to efface. If the knowledge comes first from you, he will instinctively turn from grosser thoughts. If you do not explain to him, and if he be allowed to brood over it his curiosity may become morbid.

Teach the young inquirer that all thought in regard to this instinct should be kept clean and upright, for the sacred duty of parentage, and the perpetuation of sound

manhood and womanhood. Make him to know that true parenthood means pure thoughts, a clean life and noble responsibilities.

The true education of our girls must teach them to guard and protect their bodies, as the temple of life to come. False modesty in refraining or shrinking from this knowledge of generation is "womanish," not *womanly.*

Every young girl should know that the young man to whom she plights her troth is *clean* in mind as well as in body. That he is *manly.* To be manly is to understand himself and, understanding, to be the master of his instincts so that, at such suitable time as marriage seems wise and best, he may transmit life in the spirit of a high purpose—that his offspring may have all the heritage of sound mind and body nurtured by the wise protection of intelligent parenthood.

The following are a few books which are helpful for one preparing for motherhood to read:

1—"Parenthood and Race Culture," by Caleb William Saleeby..... $2.50
2—"In Tune with the Infinite," by Ralph Waldo Trine..... 1.00
3—"Growth in Silence," by Susanna Cocroft..... 1.50
4—"Power in Repose," by Anna Payson Call..... 1.00
5—"The Kingship of Self Control," by William George Jordan..... .50
6—"The Woman Worth While," by Susanna Cocroft..... 1.50
7—"The Majesty of Calmness," by William George Jordan..... .50
8—The Poems of Longfellow, Whittier, Wordsworth and Bryant, ea. 1.20
9—"Modern Painters," by John Ruskin, 5 vols..... 5.00
10—"Sesame and Lilies," by John Ruskin..... .50
11—"Birds and Bees," by John Burroughs..... .40
12—"How to Know the Wild Flowers," by Mrs. Dana 2.00
13—"Excursions in Forest and Field," by Henry D. Thoreau..... 1.20
14—"Bird Life," by Chapman..... .40
15—"Self Sufficiency," by Susanna Cocroft..... .75
16—"Adventures in Contentment," by David Grayson..... 1.25
17—"Adventures in Friendship," by David Grayson..... 1.25

Power in Repose

Too large a percentage of mothers, alas, give full rein to their emotional natures, losing sight of the fact that real power lies in repose. They do not reason, they simply feel and suffer, hampering their mental growth through emotionalism. Since the emotional qualities are of a more primitive nature than the mental ones, they are oftener transmitted to the child.

During the first impressionable years, when mind, body, and spirit are plastic as the artist's clay, the character of his thoughts, and the trend of his life are mouldable by the mother love, the home atmosphere and thought influence. A man seldom gets far away from the teaching at his mother's knee.

The most lasting impressions are not alone imparted to him through her voice, but the deep, silent impress of lofty thought comes through the vibrations in the quiet hour, from the depth and power within. "Only the serene soul is strong."

This strength in repose, in silence, is best attained through the aid of a sound body, because a sound body means a clear brain and only through a clear brain can the mind and soul function truly.

When this woman's spiritual insight is safe-guarded by a practical knowledge of her own being, she is capable of fulfilling her highest mission in life—true wifehood and true motherhood.

No better or stronger qualities are transmissible to one's child than self-control and the power of resistance, in its broadest sense. The mother who cultivates these traits instills into her child a natural power, not only to resist disease, but mental and moral temptations, and thus hands down to posterity a priceless legacy.

Spend a little time each day in silence that you may keep in close harmony with the Master Musician who holds the key-note and keeps in vibration every chord of your being. He is holding you closely now; you are now a Divine instrument with the trust of a soul; you are starting the rhythm of a new life. It is sacred music. Listen, and in the silence of the "inner chamber," with the door shut, you will hear the Divine chord, audible to you alone.

Organs Of Generation

The generative organs form a wonderfully intricate and perfect system, all working in harmony to fulfill Nature's grand purpose—the perpetuation of the race.

Nature has provided these organs with the greatest possible security. The contour of the abdomen and thighs affords protection. The buttocks form thick cushions of strong muscles and shield the pelvic cavity in sitting or falling, and in this nest, packed about with muscular tissue and fat,

the generative organs rest secure from all but the gravest disaster.

The sacrum also partially protects the generative organs, their nerves, arteries and veins, from the weight of the intestines from above, throwing the greater part of the weight on the abdominal walls. These walls in a healthy, well-poised woman, hold the intestines in place.

The habit of sitting on the end of the spine, or of standing with the chest depressed and the thigh-joints forward however, will crowd all abdominal viscera out of place. High-heeled shoes, likewise, throw the lower pelvis forward and lessen the protection that the sacrum naturally affords the uterus and the ovaries.

The bones of the lower trunk form the pelvic basin. The ossa innominata, the irregular pubic bones which form the sides and front of this basin, curve to meet in front, the point of meeting being known as the symphysis pubis. Its upper edge is about three inches below the highest projections of the hip bones.

The public arch is formed by the under portion of the symphysis (Fig. 1). The posterior borders of these bones unite with

Fig. 1—Female Pelvis seen from the front.

Fig. 2—Outlet of Pelvis seen from below.

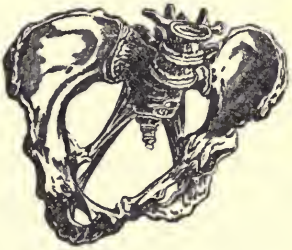

Fig. 3.

the sacrum, the triangular section of the lower spine, consisting of five vertebrae solidly united. Its lower or narrower end

is attached to the coccyx, the termination of the spine. (See small projecting bone at the end of the spine in Fig. 3). The coccyx sometimes becomes displaced or bent as the result of a fall.

The space enclosed by these bones is known as the pelvic cavity.

The open spaces in the wall of this basin are filled with muscular tissue. Tissue also forms the floor of the pelvic cavity, and fills the space between the tip of the coccyx and the pubic bones in front. The bones of the pelvis are so firmly bound together by ligaments that movement is almost impossible. An exception is made, however, at the junction of the coccyx and the innominate bones with the sacrum, ennabling the bones to separate slightly in childbirth. This gives more room for the exit of the child. The pelvic bones which form the front of the basin also spread slightly at childbirth, especially in a young mother.

The pelvic cavity, which, in women, measures from four and one-half to five and one-half inches in diameter, contains

the generative organs which consist of the vagina, the uterus, the fallopian tubes and the ovaries.

Location of Organs

Looking down on the true pelvis from above, the uterus, the fallopian tubes, and the ovaries have the appearance of being suspended in a swing, formed by nest of ligaments, held in place by other rope-like ligaments. But for this ingenious arrangement of ligaments, which Nature has provided to hold them in place, and to give them the freedom and ease they require, the organs of generation would lie helplessly on the floor of the pelvis. This suspension enables the organs to move with every breath (particularly in deep breathing) and with every motion of the lower body.

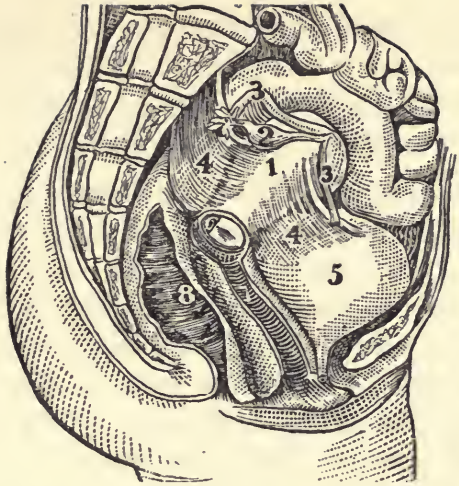

Fig. 4.—Correct Position of Pelvic Organs.
1. Uterus; 2, Ovary; 3, Fallopian tubes; 4, Peritoneum which covers the ligaments supporting the uterus; 5, Bladder; 6, Os, or opening into the uterus; 7, Vagina; 8, Rectum.
It will be noted that the uterus, in correct poise, slants forward at an angle of above forty-five degrees.

The bladder lies just in front of the vagina, and the rectum just behind it. Hence, any disturbance of the generative organs may affect both the bladder and the rectum.

The peritoneum is the membrane which lines the abdomen and covers the abdominal and pelvic organs. It dips down into the lower pelvis, completely covering the

upper part of the uterus, the fallopian tubes and the ovaries, presenting to them a smooth surface to prevent friction from the contact of the various parts.

This dipping of the peritoneum in front and back of the generative organs forms two folds, which envelop the organs and form the ligaments which hold them in place. On each side a fold envelops the uterus, the fallopian tubes and ovaries, and then passes to the walls of the pelvis and upward. From the uterus two folds pass backward, encircling the rectum, thence upward.

There is also a dipping down of the peritoneum which forms, between the uterus and rectum, a blind pouch extending down the rectum and possibly a quarter the length of the vagina. At the termination of this—that is, below it—the front wall of the rectum and back wall of the vagina are practically one. Between the vagina and bladder, in front of the uterus, the peritoneum dips again, below which the front wall of the vagina and the posterior

walls of the bladder and urethra are practically one.

Since any condition which causes impoverished blood weakens the ligaments, rendering them so relaxed that they are unable to hold the organs in proper position, displacements or prolapsus may result and formerly operations were performed for this condition, the uterus being stitched to the abdominal wall (a position as unnatural as the displacement). Often all that is needed is to build up the general tone of the entire system by regular exercise, breathing and diet. Nature will thus strengthen the ligaments to hold the organs in natural position.

Happily the use of the knife for the correction of weakened ligaments is becoming less frequent. The knife does not correct the *cause* of the weakness, nor does it strengthen the nerves or connecting tissues.

Exercises may be particularly directed to promote a better circulation through the pelvic organs, or to any vital organ, thus bringing more blood and more nutrition to

them, just as exercises bring more nourishment and strength to the arms or the legs. In case of prolapsus of the uterus, unless the peritoneum has been wasted away, or punctured, there is no more reason in cutting out a piece of the ligaments supporting the uterus and sewing them together to shorten them, than there is in shortening flabby arm muscles by cutting out a piece and sewing them together. Proper nutrition, brought to any muscle by exercises, thus a better circulation and a better blood supply, will give tone to any organ.

Unless the organ itself and the surrounding tissues are strengthened the weight of an organ stitched to another will drag it down.

Since the bowels rest on the pelvic organs, one can readily understand that tight lacing, the weight of heavy clothing pressing on the abdomen, or an incorrect position of the body while standing or sitting, tends to crowd the bowels down on these delicate organs. This may cause irreparable injury by cramping them, or crowding

them out of correct position. This will not only undermine the health, but greatly increases the dangers and suffering during pregnancy and in childbirth.

Correct poise of the body in walking and in standing therefore is of utmost importance.

When the generative organs are in correct position, as indicated by Figure 4, they are able with every movement of the torso to move forward, backward and sidewise slightly. The space in which they are held is small and their movement necessarily restricted; but the exercise thus furnished is essential to perfect circulation of pure blood through them and to a healthy condition.

The promontory of the sacrum (the forward projection at the upper end) partly overhangs the uterus and furnishes the only firm support of the bowels at that point. It can therefore be readily seen that a correct poise of the sacrum, as well as the entire spine, is most essential to the protection of the generative organs.

The standing position of a very large percent of women is such as to throw the thigh joint too far forward. This forces the promontory of the sacrum backward and the coccyx forward. All the pelvic organs are thus forced out of position and the abdominal and pelvic organs lose the support afforded by the sacrum.

The contents of both cavities—the upper and lower pelvis—are held in proper position by the muscular walls of the abdomen. Proper and scientific exercise during pregnancy therefore, should strengthen these muscular walls, that they may support the weight of the child.

The Vagina

The Vagina is a highly elastic tube, extending from the vulva to the uterus. (See 7, Fig. 4). Its walls curve backward following the course of the rectum and are slightly flattened. It varies in size and length, according to the individual. The upper end if firmly attached to the neck of the uterus, which protrudes into it about

three-fourths of an inch. It is lined with mucous membrane, and is supplied with numerous little mucous crypts which in a healthy condition pour out a sufficient amount of mucus to lubricate the parts.

The lower orifice of the vagina is surrounded by elastic tissues capable of great distension—one of Nature's provisions to prevent injury at childbirth. When these tissues are healthy, they stretch without harm, and readily resume their normal position. When inelastic, however, they are often torn at the birth of a child. The tissues between the vagina and anus, called the perineum, are often lacerated at childbirth; sometimes this muscular wall between the vagina and rectum is almost wholly destroyed.

The Uterus (See 7, Fig. 4) is pear shaped and consists of two parts; the body, the upper large extremity of which is called the fundus, and the cervix or neck, the smaller extremity, around which is attached the upper portion of the vagina. It

receives the impregnated ovum and retains it during the term of pregnancy.

The uterus is about three inches long, two inches broad and one inch thick. It is composed of three coats. The external covering is of serous membrane, a part of the peritoneum; the internal coat is of mucous membrane. Lying between these two is the muscular coat which forms the greater part of the organ, the inner cavity being small compared to the size of the uterus.

In normal position the uterus lies inclining forward at an angle of 45 degrees between the bladder and rectum, suspended by its eight ligaments. The most important of these are the lateral or road ligaments, and the round ligaments. The broad ligaments are formed of folds of peritoneum extending from the uterus to the sides of the pelvis. Between the folds lie the ovaries, the fallopian tubes and the round ligaments which pass down and forward to their points of attachment.

The cavity of the uterus is shaped like a triangle, its base upward. Its anterior

and posterior walls are in close relation, the upper angles containing the opening of the fallopian tubes.

The uterine lining consists of mucous membrane which is smooth, soft and pale red. In it lie the uterine glands. When pregnancy occurs the lining is thrown into folds or ridges which serve as points of attachment for the developing ovum and allow for the distention of the uterine walls.

The mucous membrane lining the cervix, or neck of the uterus, is continuous with that lining the body, but presents numerous folds which are so arranged that they resemble the trunk and branching limbs of a tree. Hence they have been called the *arbor vitae* or tree of life. They become more or less indistinct after childbirth. The cervix narrows at its inner and outer portions into small openings known as the inner and outer os or mouth. The inner opens into the cavity of the uterine body; the outer into the vagina.

The cervix contains numerous tiny glands which secrete an alkaline mucus.

This serves to keep the tissues moist.

The muscular coat of the uterus contains three closely connected layers of muscle fibers. As they run in different directions they secure the thorough contraction of the uterus during and after childbirth. This coat contains the blood vessels.

During menstruation these blood vessels become enlarged as more blood surges into them due to the vaso motor nerve influence, reflected from the ripening egg in the ovary; probably, also, from the peculiar influence exerted by the ovarian secretion.

During the term of pregnancy the interlacing of the muscle fibers in every direction permits the enormous uniform expansion of the uterus to accommodate the growing child.

After childbirth the uterus regains nearly its normal size, but the cervix shows the fissures caused by the exit of the child and the cavity of the body is larger than in the virgin state.

It can be seen from its location and the way it is hung in the pelvic basin or cavity how easily it may be displaced by an over

full bladder or rectum or be prolapsed by the pressure of the intestines and other abdominal organs above it. Faulty sitting or standing postures may cause it to be bent forward or backward with pressure on the nerves and congestion in the blood vessels. All sorts of uterine difficulties and derangements of menstruation are thus brought about.

High heeled shoes have a tendency to tip the uterus backward.

Blood Vessels.—The arteries of the uterus are remarkable for the twisted, winding course they take through the uterine tissues. They make frequent joinings with other arteries, thus forming a dense network with its general direction horizontally around the organ. The veins are also numerous and join freely with each other but do not twist and wind like the arteries. Because of the general direction of the vessels there is a greater tendency toward stagnation of the blood. For this reason congestion of the uterus frequently occurs. Hence the necessity of securing a

free circulation of pure blood, by exercises for all of the pelvic organs.

Nerves.—A perfect network of nerves covers the face of the sacrum behind the uterus. Everywhere throughout the generative system are nerve centers and nerve fibres branching in all directions. These small branches unite with the great branches which enter the spinal cord, thence running to the brain. The sympathetic nerve centers controlling these organs are particularly sensitive.

The sympathetic nerves equalize the circulation and regulate the distribution of nutriment. A diseased condition of the organs of generation interferes with this equal distribution of nutriment, impairs circulation, and affects the entire nervous system. *

An incorrect poise of the spine, common to so many women, causes pressure on these nerves, weakens them, and the entire

*Publishers' Note: The nerves controlling the generative system are clearly shown on cuts published in the "Body Manikin" and in "The Nervous System," by Susanna Cocroft.

generative system suffers in consequence. High heels cause such pressure.

The nervous system is too intricate and delicate a piece of machinery to be misused or abused; an incorrect poise and consequent pressure on nerve centers and ganglia is a flagrant abuse of it, and is the primary cause of much suffering.

The Fallopian Tubes extend from the upper angles of the uterus to the ovaries (See 3, Fig. 3). They are about four inches in length. They are located in the folds of the broad ligament of the uterus. Their walls are muscular, the tissues being continuous with the tissues of the uterus.

The Fallopian Tubes convey the eggs, or ova, from the ovaries to the uterus. They open into the abdominal cavity by trumpet-shaped mouths, which terminate in a fringe, or a number of slender finger-like filaments. To aid the conveying of the ovum to the uterus the mucous membrane lining the tubes is provided with a vast number of minute cilia, or hair-like pro-

cesses, which forces the ovum towards the uterus.

When ovulation or the expelling of the ripened ovum occurs, the fringed end receives the ovum which is propelled toward it by the movement in the peritoneal fluid occasioned by the wave-like action of the cilia.

The Ovaries—Nature has, indeed, shown marvelous care and ingenuity in constructing the ovaries. (See 2, Fig. 4). The uterus cradles the egg or ovum after impregnation until the time of birth, but the ovaries are the nests in which the eggs are stored. A woman deprived of them loses a priceless possession, for they not only play a very important part in her bodily and mental growth, but on them depends the propagation of mankind. Therefore, their disease or removal is resented by every part of the body, and both mind and body often suffer. Their influence on development is so great that when, as is sometimes necessary, they are removed at an early age, neither the uterus nor pelvis

develops as it should at the time of puberty.

They are situated on either side of the uterus, below and behind the fallopian tubes, in the folds of the broad ligament. They are about the size and shape of an almond, from an inch to an inch and a half in length, about three-quarters of an inch in breadth, and about a third of an inch thick. Each ovary consists of a number of little follicles or cavities set in a framework of connective tissue, and supplied with blood vessels, nerves, lymphatics, and muscular fibers. Each follicle is about one one-hundredth of an inch in diameter, except those which contain the ova near their ripening. These are larger, more irregular and contain a transparent albuminous fluid in which the egg is suspended.

Even before birth the rudimentary eggs contained in the ovaries of a female child are discernible. There are thousands of these minute eggs, each one occupying its little follicle, each follicle having an abundant and independent supply of blood, as well as an independent set of nerves.

During the girl's childhood and youth Nature expends all her forces in the process of development of brain, bone and muscle. The ovaries, however, lie practically dormant until the age of puberty, when they take on an activity which they retain throughout the entire child-bearing period.

At each menstruation an egg ripens in one of the follicles. It bursts through its thin covering, enters the fallopian tube and passes to the uterus. If it becomes impregnated in the tube, as is now thought to be usually the case, it may be several days before the ovum reaches the uterus. Meanwhile changes have been going on in the mucous lining of the uterus. It is thrown up into folds or ridges, one of which receives the ovum which has already begun to develop into an human embryo. If not impregnated, the ovum passes away.

There is a supposition that the ovaries alternate with each other in ripening an egg at menstruation. This is not proven. Many efforts at pre-natal determination of sex have been the result of this theory.

Thousands of the rudimentary eggs perish in their follicles undeveloped. When all that Nature intends to use have ripened and been cast out, the menopause (change of life) occurs, and the child-bearing period is ended.

Puberty

In the life of every individual, plant, animal or human, there is a time when it is capable of reproducing itself. In the human this is called the period of puberty. The entire system undergoes rapid changes. The boy or girl shoots quickly up into the stature of manhood or womanhood. It is at this time that the ordinary parents show such criminal lack of wise guidance of the boy or girl. Many cases of life-long invalidism might be prevented if parents were alive to their business of parenthood. The decreasing vitality of the average American should awaken serious thought as to the reasons therefor and methods to prevent further decrease. Over work in school, late hours,

social dissipation, faulty habits of eating, wrong mental tone, all cause an influence on the body at this critical time, the effects of which may be indeed visited on the second and third generation.

Parents should particularly see to it that young people stand upright at this time—especially is this true of the growing girl. As will be seen in a preceding chapter, the baby boy and girl should be reared from birth with the idea of their potential parenthood. Wise care of the growing child will do away with many of the problems that beset the age of adolescence. Much of the wilfulness that develops at this time is simply the result of the effort of the boy and girl to "find themselves." And conscious of not being understood by those who should understand, finding poor help or no help at all in them, they grope their way toward anything or anybody from whom they may gain the knowledge they dimly feel they must have, though they do not know just what it should be.

It seems strange that parents who remember their own thoughts and feelings at this period are so careless and indifferent as to what is going on in the minds of their children. What gross misunderstanding, and lack of all delicacy of perception, do we constantly see in the action of parents toward their children during this time of transition.

The mind, as well as the body, is altering to fit new conditions; the will is vacillating, is changeable. The emotions are largely in the ascendant; children are intuitive, they feel, they do not reason. Their emotions are variable, so that unless self-control has been taught the boy or girl from infancy, habits may be acquired which will be a distinct detriment to their well being in the future.

In the girl the pelvis broadens and deepens, the uterus and ovaries rapidly develop, the ova begin to mature and the function of menstruation is established.

The tenderest solicitude should be shown young girls from ten to sixteen years of age. Not only should they be fully in-

formed by their mothers regarding this natural function, but their health should be guarded with the utmost care, and under no circumstances should they be overworked, physically or mentally. The health of thousands of our young girls is wrecked by overstudy during these years.

Menstruation

Until comparatively recent years, it was generally believed that menstruation depended on the maturing of the ovum and its release from the ovary. However, since removal of the ovaries has established the fact that a woman sometimes menstruates regularly without these organs, the theory that menstruation depends on ovulation has been disputed.

However it is agreed that there is some connection between the function of the ovary and the appearance of the menses, although its exact nature has not yet been learned. It is a fact, that in countries in which early marriages are the rule, children have been born before their mothers have

menstruated. Children have been born after the cessation of the menses at the time of the menopause. So the ovarian influence cannot be said to be invariable.

Menstruation after puberty recurs, as a rule, every twenty-eight days and continues, on an average, for four days. It terminates with the menopause, or change of life. It usually covers a period of from thirty to thirty-five years, varying with climate, race and individual.

A normal and healthy discharge of blood during menstruation brings a sense of well being—the brain is cleared, the nerves relieved. It will be plainly seen that the blood supply should be normal, the organs developed and in correct position, in order that there may be no impediment to the natural flow.

It was formerly thought that the source of menstruation was the disintegration of the lining of the uterus, which, together with waste of the system was discharged monthly. Later investigations have proven that in normal menstruation this lining is

not destroyed, only a few of the epithelial cells being removed. An excessive amount of blood is sent to the pelvic organs at this time, and the tiny capillaries are swollen and gorged with blood. Some of them apparently rupture from the strain, while the blood oozes through the thin walls of others, collecting like sweat on the surface of the lining membrane.

In cases in which the texture of the lining membrane changes whereby it is softened and loosened and finally discharged, the structure of the uterus is altered. Sterility accompanies this condition, the uterus being unable to retain the ovum.

It has been practically proved that the ripening of the ovum takes about 14 days after menstruation begins and its discharge from the ovary occurs then. From this it has been supposed that the function of menstruation is to fit the uterus for the attachment and growth of the ovum.

When the follicle containing the egg ruptures and the egg is discharged, there remains a substance which forms what is

called the *corpus luteum*. Since the ovary is one of the ductless glands it has been thought that the corpus luteum furnishes the hormone or secretion which exerts a peculiar effect on the uterine tissue. In pregnancy the corpus luteum enlarges and remains throughout the entire term. It is thought that it furnishes the secretion which keeps the uterus in good tone for the growth of the child. If pregnancy does not occur, the corpus luteum gradually diminishes in size and shrinks into a minute scar on the surface of the ovary.

The ovaries are more vascular at the time of menstruation, owing to the increased activity of the generative system. As the ripened ovum bursts through its membrane and tears the epithelial covering of the ovary, there is a small discharge of blood from the tearing of the tiny capillaries.

When the rupture of the uterine capillaries occurs, several days elapse before the torn tissues unite. The length of the flow is determined by the length of time taken by the capillaries to heal themselves.

A prolonged menstrual flow indicates that the capillaries have not healed. This may be due to impoverished blood which prevents its coagulation. An excess of the ovarian hormone also prevents the coagulation of the blood. A weakened condition of the nerves or a foreign growth may also be a cause.

After the menopause the generative organs, having no further active work to do, shrink.

The flow, which is pink in color at the beginning of menstruation, becomes, at its height, the color of arterial blood, gradually changing to a rusty color. Any abnormal odor or coagulation of the flow indicates a deranged condition, just as a foul breath indicates a stagnant condition of the digestive system.

The majority of women menstruate during the first quarter of the moon, a few at new and full moon.

While, as a rule, menstruation occurs every twenty-eight days, yet a woman may

be perfectly normal and menstruate regularly every three weeks. In some cases the time between the periods is lengthened instead. If, in such cases, she remains entirely well and the period recurs regularly, it is evident that this is a physical peculiarity, and there is no cause for worry.

In some women the flow may be irregular. In these cases the flow is usually delayed from two days to a week, while in other respects the health seems perfect. In these cases menstruation would seem to depend on ovulation, the ova ripening irregularly.

It is natural for some women to menstruate profusely and feel all the better for it, while others have but a scant flow yet feel perfectly well. If this has always been the case and the health is unimpaired by the frequency and quantity of menstruation, it cannot be regarded in such individuals as abnormal. If, on the other hand, the health is affected by such frequency, profusion or scantiness of the flow, an abnormal condition is indicated and should be corrected at once, else in time the health will seriously suffer. As a rule the

flow is more profuse in warm climates than in cold.

The process of menstruation not only involves energy, but the generative organs become highly sensitized, owing partly to the unusual nerve stimulus and to the greatly increased blood supply. The uterus, the fallopian tubes and ovaries may be considerably congested, because they have their certain work to do in connection with the process. This increases the weight of the organs and the strain on the ligaments.

Since this is a natural function, it should be painless.

Ovarian extract lessens blood pressure and the coagulability of the blood. The secretion of this extract is thought to prevent clotting of the menstrual blood. It also has some influence on the thyroid gland.

Only perfect health will enable the organs to bear the intense strain placed on them at this time. They are benefited, however, and bear it painlessly if in a

healthy condition, just as the liver, stomach, lungs, etc., are rendered healthier and stronger by properly doing the work which Nature designed for them.

Pregnancy

When conception takes place, a woman assumes the crowning responsibility of her life, for she then enters into the marvelous work of creation—into a partnership with God. She is then confronted by the wondrous mystery of life—physical, mental and spiritual. She is a sacred instrument in fulfilling a most beautiful and most immutable law of Nature.

It is needless to say that she should approach the subject with the utmost reverence, and with such knowledge as is possible to finite intelligence.

Anticipation of this Eastertide in her life must draw her closer to her Maker, must awaken and enkindle Divine aspirations. A soul has been entrusted to her care—a child which may become under her guiding hand a happy and useful member

of society or a discontented incompetent—a burden to society and a reproach to the mother who bore him.

The prospective mother should guard, therefore, her health, her thought, her conduct. She lives no longer to herself alone; her life-physical, mental, spiritual during the nine months of gestation moulds to an extent as yet unknown the health, the happiness and the destiny of her child—an immortal who may have the potentates of a Mozart, a Liszt, a Titian, a Coreggio, a Bonheur, an Eliot, a de Stael, a Willard, a Patti, a Shakespeare, a Savonarola, a Ruskin, a Gladstone, a Lincoln.

In preparing for pregnancy a woman should see to it that her body is perfectly sound and wholesome, in condition to bear a pure, sweet and healthy child. Since a mother's vital energy is severely taxed during pregnancy she needs abundant reserve force at this time, for her mental strength and moral poise depend on this. She must also be sufficiently strong in the thought of the new life entrusted to her, to resist influences—be they physical ap-

petites or mental or moral weaknesses—which militate against her strength and menace the life and well being of her child. Otherwise she is in no condition for the sacred privilege of motherhood. If any disease exists, especially of the genital organs, she should be promptly and properly treated. By far the best and only right method is to correct any disease or weakness, and prepare body and mind for the new life and new duties before conception.

The wife and mother must be sufficiently strong in spiritual and mental force to assert her rights of womanhood and motherhood, and at the same time cement the affection and retain the homage of her husband. A true man will give to his wife a sacred deference, respect and chivalry at such a time, which draws closer the tender, holy bond between them. The thought of the dainty baby fingers is an invisible link stronger than legal bands.

Any violation of the purpose of Nature at this time in an effort to destroy the embryonic child is a crime and an outrage.

"Thou shalt not kill" thunders Sinai. The crime degrades the mother who kills her child—as much hers at one month as one year. She has insulted Nature and the effect upon her future life in dulling her moral responsibilities is incalculable.

She has denied herself the highest privilege in the gift of the Creator—a joint partnership in the granting of life to a human soul.

The processes involved in pregnancy are: Ovulation, Impregnation, Gestation and Parturition.

By Ovulation is meant the escape of the ovum or egg from the ovary.

By Impregnation, the contact and mingling of the male sperm with the ovum or female germ.

By Gestation, the development of the ovum in the uterus during its stages of embryonic or fetal life.

By Parturition, the birth of the child.

Ovulation has been discussed under menstruation. Nature has ingeniously arrang-

ed, through floral and vegetable kingdoms, for the reproduction of species. For instance, in plants, whose blossoms contain both the male and female principle, the parts are so arranged that when the male pollen ripens it drops on the female ovules beneath, and fertilizes them. On one plant some of the blossoms may be male and others female. When all blossoms are either male or female, as in the strawberry, the male and female varieties should be planted in alternate rows, or the berries will grow smaller and smaller each year and the plants finally cease to yield fruit.

Certain insects, enticed by a secretion of honey, go within the blossoms to seek it. As they do so, they brush against the pistil which is covered with pollen. Having gathered the honey the bee or other insect flies to other flowers to secure their store. Should the flower be a female the pollen is deposited from the legs of the bee on the stamens which wait to receive it. Thus fertilization is complete and the seeds ripen to produce other plants of the same species.

In this way the perpetuation of the race of plants is secured.

Impregnation is the uniting of positive and negative forces. It occurs when the male sperm meets the matured human ovum; the fertilized ovum finds lodgment and develops in the uterus, and a new life is begun.

The ovum or egg, after it matures and is discharged from the ovary, may retain its life for from six to eight days, and consume that length of time in making its exit from the uterus—in the event of its not becoming impregnated. With many women the ovum passes off within twenty-four to forty hours after the cessation of the menses.

Ordinarily impregnation is likely to occur within six or eight days after menstruation—or a few days preceding it. However, exceptions to this may occur in diseased conditions, or in cases of a long separation of husband and wife. It seems also a fairly well-proved fact that the male

sperm will live for some days, if retained in its own element at a certain temperature.

As stated, it is now pretty well established that the ovum, or egg, is fertilized in the fallopian tube. However, conception may take place at any point in the generative tract. Fertilization has taken place even at the ovary, and as the impregnated ovum enlarges in this location it forms what is known as an abdominal or extra-uterine pregnancy. If it develops in the fallopian tube it is called a tubal pregnancy.

The male sperm has been known to migrate as far as the ovary, which is only 2½ inches from the uterus. It is probable that there is some chemical attraction between the male and female germs.

The normal cervical opening into the uterus through which the male sperm must pass is small. The relaxed condition of the organ during menstruation, however, when perfectly normal, permits the opening to enlarge somewhat. It might be inferred that the relaxed condition attending and following coition would also tend to enlarge this opening slightly.

Many cases of sterility are, doubtless, due to an almost closed cervix.

Although menstruation usually ceases when conception takes place—since the uterus needs all of its energies for the development of the embryonic child—yet there are exceptions to this rule. Since the menses may cease from other causes than conception, the non-appearance of the flow does not always indicate that conception has occurred.

The story of impregnation and the development of the ovum is wonderfully interesting. As in the ovary, each tiny germ cell lies in its follicle in an albumin-like fluid so in the male sperm millions of germ cells are also contained in an albumin-like fluid. The germ cell in the male, however, consists of a round or oval cell body to which is attached a tail-like filament. It is by means of this so-called tail that the germ-cells move and migrates.

As though endowed with reason they begin their search for the waiting ovum. They migrate through the cervix into the uterus and through the uterine canal to the fal-

lopian tubes. There they meet the ovum. You may have noticed in the yolk of a hen's egg a tiny spot. In all ova this spot exists and is called the germinal spot or nucleus.

The germ cells surround the ovum and strive to enter it. Several may pierce the outer envelope, but only one reaches the germinal spot. On its way through the ovum it loses its tail as it is no longer needed for progression. The head proceeds to the germinal spot, fuses with it and impregnation is complete.

Each germ cell, the father and mother cell, contains all the peculiarities of the generations which have produced it. Family traits, color of hair and skin, fineness or coarseness of texture, height, physical or mental strength, tendency to disease—all are in the germ cell.

Some of the traits which are recessive in one generation become dominant in the next, so that children sometimes present the features and reproduce the actions of some ancestor two or three generations back. Contained in the tiny developing

ovum are potentialities which will make an Aaron Burr or a Lincoln, a scientist, a poet or a criminal, as its characteristics are fostered or repressed by correct or incorrect parental training.

Gestation.—Immediately after impregnation the uterus begins to prepare a lining, or nest, for the reception of the precious embryonic guest, which it must nurture and guard for nine months.

Extraordinary provisions must be made for the care of the delicate and minute egg, and for its development through the various stages of fetal life. The uterine lining is thrown up into soft, velvety folds, allowing an increased blood supply and the necessary stretching of the enlarging uterus. All the surplus blood and great nerve activity is consumed in this process.

Rapid and remarkable changes take place in the ovum after the small germinal spot within the minute egg is united with the male sperm. By this union the inscrut-

able forces of Nature are put into operation to bring forth a new life. New impulses are awakened, to which a woman's whole being responds, all her powers making astonishing readjustments, for her life is now a dual one, and she must meet the responsibility of nurturing two lives. The new life within her must live as she does. Its processes of growth require nourishment, circulation, repair, waste and a kind of respiration. These will be performed well or ill according to her own condition—the manner in which they are performed determining the future condition of her child.

In from five to eight days after conception a membrane known as the chorion is formed around the ovum. The internal surface of the chorion is supplied with villi or tufts which resemble mulberry seed; it is from these that the embryo receives its nutrition. The mucous membrane of the uterus, which rises in folds to form the nest for the embryo, is known as the decidua vera; later it entirely envelops the ovum and is then known as the decidua

reflexa. About the third month, the placenta begins to develop from tufts of the chorion and the decidua reflexa.

The placenta is Nature's provision for the nourishment of the fetus; that is, it serves the combined purpose of furnishing nutrition and respiration to the fetus through its circulation. It is seven inches in diameter, and one inch thick at the center, thinning at the edge. At full term it weighs from three-fourths to one and one-fourth pounds. The placenta, together with the decidua reflexa and the umbilical cord, are known as the "after-birth."

The placenta is a spongy body and is connected by the umbilical cord to the fetus. Although it lies in complete juxtaposition with the uterus,—an almost imperceptible membrane interposing,—its fibers and blood do not interlace with those of the uterus. Both nutrition and excretion are accomplished by transudation through this very attenuated membrane.

The uterus and placenta each have a distinct set of blood vessels and capillaries, and a separate circulation. The lungs in

the fetus are dormant; the placenta serves the office of both lungs and digestive organs. From the placenta oxidized blood is brought to the fetus, through the umbilical vein, and after traveling the entire circuit, collecting the waste and impurities, it is taken back to the placenta by two umbilical arteries, which are given off from the iliac arteries of the mother.

At birth the umbilical veins form the round ligaments of the liver, and the umbilical arteries the round ligaments of the uterus in the female, and the urachus, a ligament of the bladder, in the male.

The umbilical cord is made up of two arteries and one vein, covered by the membrane continuous from the child. It is from two to four feet in length, attached at one extremity to the placenta, at the other to the navel of the child. This is the medium of circulation from the placenta to the fetus.

The membranes all unite before birth to form a thick, tenacious covering for the child. These enclose the fluid—the *liquor*

amnii—which serves to protect the fetus from blows or sudden jars. The membranes, and the contained fluid, form what is known as the "bag of waters"; not rupturing before birth, they make what is called a *veil* or *caul* over the child's face, to which is attached various superstitions.

Radical and important changes in character, size and position take place in the uterus during pregnancy. For the first three months the gravid uterus, although a little lower than ordinary, remains in the pelvic cavity. As the fourth month approaches the enlarging uterus, being inconvenienced in the small pelvis, gradually forces itself upward into the more commodious false pelvis above, and lies entirely within this at four and a half months. At this time, life is felt, as a rule, indicating that half the period of gestation has passed. Life, however, begins from the moment of conception, although not perceptible during the earlier months of gestation, because of the position of the uterus within the pelvic basin.

The growth of the child being rapid during the second half of the period of gestation, the abdominal walls yield accordingly. Therefore, they particularly need strength and elasticity at this time in order that disfigurement and weakness of the walls may be prevented. This strength and elasticity can be gained by regular exercises for the abdominal walls.

Not only is the quantity of a mother's blood altered and increased during pregnancy, but the character is also changed. The heart, having more than ordinary work to do, increases in size about one-fifth. It still remains large if the mother nurses the child after birth, more blood being required for the work of preparing and storing milk. Hence a stronger heart is needed to keep it moving properly, and the importance of deep, full breathing at this time cannot be overestimated.

The spleen and liver also increase in size.

The palpitation of the heart, which is likely to occur at such a time, is due to the

pressure of the enlarged uterus upon adjoining organs.

One may well imagine how greatly the delicate and complicated nervous system is involved in this process; the brain and spinal centers which govern the generative organs have not only become cognizant of the inception of a new life, but are sending to the uterus unusual forces.

The nerves of the pregnant woman become highly keyed, hence she is very impressionable. She should, therefore, have the greatest possible care and comfort both mental and physical. The functions of the sensory and motor nerves are often found perverted, and the mother needs soothing influences and special tenderness. If she is nervous, fretful, irritable and unreasonable, she should be given the utmost consideration, for if she is not constitutionally strong and in perfect health, her digestion is likely to suffer, hence her body will not be properly nourished, which will affect her nerves and cause a depression of spirits.

Parturition, or the escape of the child, is effected by the contraction of the muscular fibers of the body of the uterus simultaneously with the relaxation of the muscular fibers of its mouth. The contractions, of the uterus proceed in a peristaltic manner from the fallopian tubes to the cervix, occupying twenty or thirty seconds.

In a perfectly healthy state the contractions of the uterus occur periodically and rhythmically, the body gathering strength in the intervals for the next effort.

Although the pressure of the uterine walls in these contractions is great, it is not so great as to injure the child. If, however, the uterus is in an inflamed or swollen condition, this pressure is more than likely to cause the mother excruciating pain.

According to a wise provision of Nature, fatty degeneration of the membrane lying between the uterine walls and the placenta takes place just before parturition, causing the placenta to be easily shed from the

uterus at labor. It is likely to adhere to the uterus, however, if that organ is in an unhealthy condition. It is here also that exercise that keeps up a circulation of good blood through the uterine walls aids in the normal contraction of these blood vessels, and in a complete disintegration of the above membrane.

A failure of the uterus to shed the placenta properly paves the way not only to placental adhesions, but the uterine lining, from which the placenta must be torn, may form scar tissue, resulting in many serious disturbances.

If the uterus is lacking in strength or tone, it will contract too feebly to expel the child, in which event mechanical delivery may be necessary. On the other hand the tissues may be too rigid to contract readily, delaying delivery and prolonging suffering.

Too much stress cannot be laid on regular exercise, correct breathing and diet for the mother during pregnancy. Above all things the mother should live

hygienically during the pregnancy period. She will save herself much pain, much expense, and insure a normal tone after parturition if she puts herself under the direction of a health specialist who studies her case and gives her diet and exercise adapted to her condition.

The tissues of the abdominal walls become greatly stretched during pregnancy. They are also likely to lose tone and remain stretched after confinement. This condition is not only disfiguring, but the flabby abdominal walls do not furnish the abdominal viscera the support that is essential to perfect health.

Properly directed exercises after childbirth will not only repair the damage, but will restore the firmness and tone of the abdominal walls.

The fact that savage women and animals have practically painless confinements proves that severe pain at parturition is unnecessary.

This is a purely natural process and should be accepted as such without worry.

Indications of Pregnancy

The first and most important signs of pregnancy are:

1. Cessation of menstruation.
2. Changes in the breasts.
3. Morning sickness.
4. Disturbances in urination.

The cessation of the menses is probably the most significant, yet other causes may operate to retard or suspend the menstrual flow.

Tenderness, stinging and prickling of the breasts are another indication.

In the beginning of pregnancy there is often a desire to empty the bladder very frequently, chiefly due to the irritation against the bladder, caused by the growing uterus. This irritation usually disappears, however, when the uterus begins to rise in the abdomen after the first few weeks.

Of course, the most significant sign of pregnancy is the movement of the child in the uterus, or the "quickening." When this occurs, of course there is scarcely any room for doubt as to the definite sign.

How to Count the Days

Nine months of thirty days each is commonly termed the pregnancy period. To estimate more closely physicians usually count forward 280 days from the beginning of the last menstrual period, thus allowing seven days for the menstrual period. Another method is to count back three months from the beginning of the last period and then add seven days. For example if the last menstruation occurs on September 30th, count back three months to June 30th and add seven days which would bring it to July 6th. This would be the approximate date of confinement, though very seldom does delivery occur on the exact date.

Preparation for Confinement

It is becoming more and more common for women to go to a hospital for confinement and while this is not absolutely necessary if one has a competent nurse and doctor engaged, it is safer because if any emergency occurs all necessary appliances

are ready for use and extra doctors and nurses are at hand. It is cheaper because so many things are at hand in the hospital which the mother would need to provide in the home. The nurse's salary, board and laundry would need to be provided at home and it is wise for every expectant mother to engage a nurse for at least two weeks. The routine care of the child in most cases after confinement can be provided by the nurse on the floor, though most physicians prefer to have a special nurse for one week in the hospital. This nurse, of course, must be paid independent of the hospital fees.

It is wise for every mother to engage this nurse in advance whether the confinement be at home or whether she have this special nurse for a week at the hospital.

The mother needs the well earned rest that a trained nurse gives her by taking all responsibility.

It is needless to say that the brightest room in the house, with the most cheerful surroundings, should be selected for con-

finement, for the rest of mind and pleasant surroundings mean much to the mother at this time.

Mrs. Max West of the Children's Bureau, Department of Health, Washington, gives the following as necessary equipment for confinement and for the baby:

Supplies Needed

If the confinement is to take place at home, the following articles are likely to be needed:

Two to four pounds of absorbent cotton.

One large package of sterile gauze (25 yards).

Four rolls of cotton batting.

Two yards of stout muslin for abdominal binders.

Twelve old towels or diapers.

Two old sheets.

Two yards of bobbin, or very narrow tape, for tying the cord.

From these supplies the mother or nurse may make the necessary pads and band-

ages, which should then be sterilized, in accordance with directions which follow. Other things that may be needed are:

One hundred bichlorid of mercury tablets.

Four ounces powdered boric acid.

One bottle of white vaselin.

One pound of Castile soap.

One quart of grain alcohol.

One douche pan.

One stiff hand brush.

One slop jar or covered enamel bucket.

Three pottery or agateware basins, one 16 inches, and two 11 inches in diameter.

Pitchers, at least three, holding 1 quart and upward.

One and one-half yards of rubber sheeting, at least 36 inches wide, or

One and one-half yards of white table oilcloth, to protect the mattress.

One 2-quart fountain syringe.

One medicine glass.

One medicine dropper.

One drinking tube.

Sanitary pads.—These are used to absorb the discharge after the mother has been delivered. They are 10 inches long and 4 inches wide. As absorbent cotton is comparatively expensive, it will be found more economical to make the greater part of each pad of the batting, facing one side with a layer of the absorbent kind. Cut the sterile gauze into pieces of the right size to fold around the cotton, and extend 2 or 3 inches beyond it at each end. These pads should be about an inch thick, and at least 5 dozen will be needed. They are pinned front and back to the abdominal binder, which is simply a strip of cotton cloth 12 inches wide and long enough to be fastened comfortably around the abdomen.

Delivery pads.—These pads should be a yard square and 4 inches thick. Cotton batting may form the principal part of the thickness, but the top layer of absorbent cotton should be at least 1 inch thick. Make two of these pads. Cotton waste, if boiled in washing soda and dried thoroughly in

the sun, makes a cheap and effective filling in the place of batting, but as the texture is very loose a thicker layer must be used. If necessary, newspapers may be used both to protect the mattress and for the delivery pads. For the latter use they should be covered with old sheets which have been sterilized.

Gauze sponges.—Two dozen of these will be needed. They are made by cutting sterile gauze into 15-inch lengths, the width of the gauze. Fold down one raw edge about 3 inches; double the strip by putting the selvage edges together, having the raw edge of the fold on the outside. Fold this into thirds both ways and turn the sponge inside out, so as to have all the raw edges inside.

Cotton pledgets.—These are wads of absorbent cotton, the size of an egg, having the ends of the cotton twisted into the roll. Make several dozen and put them in a small pillowcase or cheesecloth bag.

Gauze squares.—Cut fifty 4-inch squares of the gauze. These will be used to wash the baby's eyes and for other purposes.

Bobbin.—Cut ordinary cotton into six 9-inch lengths for tying the cord.

How to sterilize.—It is possible to sterilize the dressings in the oven, but as dry heat is less effective than moist heat, and there is danger of scorching by this method, it is better to use steam. To accomplish this, the smaller things may be sterilized in a large kettle or saucepan, and the larger ones in the wash boiler. For the first, invert a bowl several inches high in the bottom of the kettle. On this bowl lay a plate, and on this place the dressings. They may be put into a cheesecloth bag for ease in handling. Let the water just cover the bowl and cover the kettle tightly. The articles should remain for one hour after the water begins to boil. To sterilize in the boiler, a convenient method is to suspend the dressings in the steam by means of a hammock made of stout muslin, which is merely a strip somewhat longer than the

boiler, so that it will hang down to about a third the depth of the boiler. It must be fastened securely to the handles of the boiler by means of a stout drawstring run through each end and, for additional security, down each side as well. The boiler should be filled about one-quarter full of water. If the dressings are placed in loose cheesecloth bags, it will facilitate handling them. After the articles have been put in the hammock the boiler cover should be put on and the articles left to steam for an hour, when they may be removed and dried thoroughly in the sun by pinning the bags to the clothesline or, if that is not possible, they may be dried in the oven, being very careful not to burn them. They are then to be put away in a closed drawer until needed.

Other Preparations

As stated, the brightest room in the house should be chosen for the delivery. If possible, it should be close to the bathroom, and if there is a communicating

room that can be given up to the use of the nurse and the baby, this will be greatly to the advantage of the mother. It is needless to say that the delivery room should be made as clean as possible, and all draperies, hangings, and upholstered furniture should be removed.

A single metal bed, either iron or brass, and a comfortable mattress are desirable. The ordinary double bed is inconvenient, because it is both too wide and too low. If a low bed must be used, it will be well to elevate it by putting blocks, 6 or 8 inches high, under the four legs, first removing the casters so that there will be no danger of the bed slipping off, and if the mattress sags in the middle, a board or two under the mattress will be found advantageous. The bed should be placed in such a position that both the doctor and the nurse can get at it at once, and so that a good light falls upon it, especially at night, for in case stitches must be taken a proper light is of the first importance. A portable electric lamp is a great convenience under these circumstances.

Outfit for the Baby

It is very apt to be the case, especially with a first baby, that the mother wastes a good deal of vital energy in the preparation of an elaborate layette, only to find that many of the garments are outgrown before they are worn. On this account it is much more economical, not only of materials but of the mother's strength, to make only a few very simple garments at first. Later, when the baby is older, such a wardrobe as the mother desires may be added, but for a little baby plain garments of the softest materials procurable are the most suitable.

Large dealers now supply the entire outfit for an infant, and in many cases it is an economy to buy one of these layettes complete.

In preparing for the newborn several principles should be kept in mind. The first is that the garments must be warm without being unduly heavy; another, that they must be loose enough to provide for perfect freedom of the muscles; the third

is the desirability of perfect simplicity; and the fourth that of cleanliness. Adornment serves no other purpose than to gratify the mother's taste.

The Baby's Clothes

"The following list includes all the garments that it is necessary for any young infant to have for the first few weeks of life; later, if a more elaborate outfit is desired, other garments may be added:

Three abdominal bands, 6 to 8 inches wide and 20 inches long, soft flannel strips, unhemmed.

Three shirts, size 2, wool and cotton, or wool and silk, not all wool.

Four flannel skirts.

Three nightgowns or wrappers of outing flannel, buttoned in front.

Eight white slips.

Three knit bands, with shoulder straps, part wool.

At least 4 dozen diapers.

Cloak.

Cap.

Carriage blanket of crocheted or knitted wool.

Three pairs of socks, if in summer; three pairs of long white merino stockings, if the weather is cold.

Nursery Equipment

The essential articles for the baby's nursery are a comfortable bed and the things that will be needed in his toilet. The following list will be found to include the essential items:

An old soft blanket.

Four dozen safety pins of different sizes.

Some old soft towels.

Soft wash cloths.

Hot-water bag, with flannel cover.

Talcum powder.

Castile soap.

Olive oil.

Two ounces of boric acid.

A crib. If desired, a clothes basket makes a good bed. A basket or box that

may readily be moved about is a great convenience. The mattress for any sort of a bed may be made from table felting, which, when folded a few times, makes a very soft, smooth bed and has the great advantage over the ordinary mattress that it may be washed and boiled and dried in the sun."

Additional Conveniences

Below is a list of additional articles that will be found convenient in the care of the baby:

Bathtub, tin, galvanized-iron ware, or rubber.

Drying frames for shirts and stockings.

Bath apron of turkish toweling or outing flannel.

A low chair, without arms.

Baby scales.

A low screen, to protect the baby while it is being bathed.

A low table on which to bathe and dress the baby.

Laceration

Laceration is not only one of the most frequent bad results of childbirth, but it furnishes one of the most prolific sources of cancer. It can be avoided, however, by proper care at confinement and by proper exercises to tone and strengthen the tissues and supply them with pure blood through perfect circulation. If the blood be pure and the circulation forceful, lacerations may heal of themselves before the torn tissue becomes scarred, but obstetricians find that the safest way is to bring the torn edge together by stitches at once. If the muscles and ligaments are kept strong, free and flexible during pregnancy, the tissues usually will not tear.

Painful parturition and laceration may be caused largely through fear and a consequent tensity of nerves. The mother should relax to the realization that this is Nature's work—a perfectly normal process.

If the tissues are elastic they will give naturally. If inelastic, and the nerves controlling them are weakened, laceration will

inevitably follow. Laceration, too, is often due to a rigidity of the fibers of the cervix, preventing sufficient relaxation for the passage of the child without injury.

Exercise During Pregnancy

The writer has assisted hundreds of women through pregnancy. By following deep breathing exercises to insure complete oxidation of the waste of the system, by establishing complete circulation throughout the entire body, and by regular practice of special exercises to strengthen all the abdominal and uterine muscles, and by relaxation to Nature, parturition will be practically painless.

Through such natural means the mother also regains the symmetry of her own body, prevents erratic mental conditions and gains in both physical endurance and mental repose.

A healthy balance being thus established between the mother and the fetus, the

growth of the fetus is not at the sacrifice of the mother's strength.

Proper exercise gives healthy elasticity to the uterus, not only preventing much discomfort during pregnancy, but enabling it to expel the child at parturition naturally, averting prolonged and exhausting labor and greatly lessening the dangers of laceration. The normal condition thus insured will enable the placenta to disintegrate naturally; the uterus contracting normally, the blood vessels, ruptured by the separation of the placenta from the uterine walls are promptly closed and dangerous hemorrhages prevented. The healthy uterus will then gradually return to its normal size, and the many serious and fatal diseases following parturition be averted. How many women, alas, date their ill health from childbirth. This need not and should not be.

Poise During Pregnancy

It is of the utmost importance that a woman learn to stand correctly during the

pregnancy period. The rib cage should be well expanded, the head carried erect, the chest expanded and the weight over the arches of the feet, because only in this proper poise will the stomach be given room, protected by the rib cage, as the fetus enlarges and rises in the abdomen. If one has been in the habit of standing with the chest depressed, ribs pressed in on the stomach, head forward and weight on the heels, the chances are that she will suffer much nausea and constipation.

Correct poise is one of the first essentials for a pregnant woman to establish. (See frontispiece for correct poise).

Walking is desirable more because it brings the expectant mother out into the open air and it is well if she can walk in the park, if a city dweller, or in the woods, if she resides in the country, rather than upon the streets of city or town, because as her thoughts are directed to Nature, her mind and her nerves are relaxed and she breathes more deeply. However, few well directed exercises will bring a better cir-

culation to every organ of the body than walking and if a pregnant woman will follow a set of exercises directed for her, she does not of necessity need to walk if she rides in the open air and gets the mental diversion suggested.

Corsets should be discarded during pregnancy as they impede circulation and digestion. The clothing, which should be suspended from the shoulders, should be loose, giving the abdomen, waist and chest ample room; while it should be as light as the season will admit, it should be sufficiently warm.

Diet During Pregnancy

I have been repeatedly asked to give a diet for pregnancy, but the food of a pregnant woman does not differ materially from any diet which is found to contain the proper amount of nutrition for her. If she has been in health she needs to observe no special diet unless complications arise and then the diet should suit the particular

condition. The following general hints are safe for all, however:

Keep the bowels regular by exercising them daily, by laxative foods (not by cathartics), and by plenty of liquids. Coarse cereals, bran, figs and other fruits, especially prunes, and fresh vegetables are laxative. It is well to eat a juicy fruit just before retiring.

Keep the kidneys active by fresh water, exercise and diuretic foods. Among the diuretics are dandelions, buttermilk, horse-radish, onions, spinach and asparagus.

It is important that a pregnant woman take from two to three quarts of liquid daily. These she gets in water, soups, broths, milk, chocolate, buttermilk. It is well to avoid coffee because of the undue stimulating effect upon the heart. Coffee and meat should be particularly avoided in case of high blood pressure.

If the urine shows albumin, meats, eggs and other highly nitrogenous foods should be avoided or the quantity lessened.

In general, the mother should have a good, nourishing diet, easily digested.

The longing for indigestible food, such as pickles, chalk, etc., are simply indicative of a general hysterical condition, and, when the foods are unwholesome, the artificial desire should not be gratified.

The stomach, especially at night, should not be overloaded.

In case of severe engorgement of the breasts, fluids should be restricted.

Immediately after labor, a milk diet for from six to eight hours is best—then a regular diet.

Gruels, plenty of fruits, fresh or stewed, liquids and vegetables are desirable for the nursing mother.

She should not make the mistake, however, of assuming that nourishing foods mean an excess of fat and starch, for while she needs these in proportion to the amount of energy put forth, she needs tissue-building food in proportionate quantities.

It is commonly said that the mother must eat for two, but only about one-tenth of the child's weight is gained before the fifth month of pregnancy so it is evident that there is no necessity of any addition to the mother's diet up to that time.

The child gains half its weight in the last eight weeks so that during the eighth and ninth month there will be an increased demand for the heat and energy-giving foods which may be supplied by the addition of milk to the usual diet, taking a glass between meals and at bed time.

If one has not formed the habit of drinking milk or it seems to disagree, some other light food, such as cocoa or broth or soup, may be eaten at these times.

The habit of eating lightly several times a day will do much to relieve nausea during the earlier weeks of pregnancy.

The value of plenty of fresh air day and night cannot be overestimated, both before and after confinement.

Remember that the child needs fresh air as much as the mother.

Abundant sleep and periods of complete relaxation are most essential to the health of the pregnant woman. She should lie and rest for an hour regularly each day, and acquire the habit of sleep if possible; if she cannot sleep, she should learn how to completely relax.

Constipation

Due to the pressure of the enlarging uterus upon the intestines, which is more pronounced in the later months, the mother may become constipated and it is very important that there be a movement of the bowels at least once a day and twice is preferable. Accomplish this by water and laxative foods wherever possible. Avoid purgatives or enemas, but if at times something is necessary, a physician should be consulted.

As stated above, at least two to three quarts of liquid should be taken daily. Fresh fruits such as apples, peaches,

apricots, pears, oranges, figs, cherries, pineapples, grapes, plums, strawberries, grapefruit or other fresh fruits are included in a properly laxative diet. These fruits should preferably be eaten raw. Cooked fruits such as prunes, figs, apples, peaches and apricots may be eaten freely.

Bran bread, whole wheat bread, corn meal or graham bread should be eaten in preference to white flour. If these are not always available, two tablespoonsfuls of bran mixed with a breakfast food, such as oatmeal, or mixed in the juice of one or two oranges, or eaten with the juice of grape fruit is not only laxative and nutritious, but pleasant to the taste.

Fresh vegetables, especially green vegetables, eaten with olive oil, also have a laxative effect. Onions, asparagus, tomatoes, peas, potatoes, lima beans, carrots, string beans, spinach, celery, cress, lettuce, and in fact any fresh vegetable which digests readily will help to keep the bowels regular. Sometimes a vegetable with coarse fiber such as cabbage, cauliflower, turnips, etc., will help to keep the digestive

tract clean. If these disagree, of course they should not be eaten.

If constipation persists in spite of the water, fruit, vegetables and coarse grains, try mixing senna with prunes or figs.

If constipation still persists, then it is well to call in a physician, but if the physician gives you a cathartic be sure not to take it longer than he designates, but rely upon your exercises and the above diet.

Vomiting.—The first principle in the relief from vomiting, at any time, is to give the stomach a rest for from ten to twelve hours. If, however, there is a desire to replenish the loss of food after vomiting, do so by a dry cracker, or toast, well masticated.

Nausea is often relieved by the sipping of very hot water, which has a tendency to relax the nerves and muscles of the stomach.

Very often a little nourishment before arising will prevent it. A little gruel, a

cracker, an apple, a piece of toast, or any simple nourishment will do.

Self-control in the selection of foods, no overindulgence, fresh air and daily exercise are the best preventatives.

Avoid tight clothing and all pressure or weight on the stomach or abdomen.

Remember that the mind has something to do with daily morning sickness. Nervous apprehensions will cause it. *Be happy —form the habit of happiness.* This is one of the surest remedies.

The following is a list of dietetic substances commonly prescribed for the relief of nausea and vomiting, or for nourishment while those conditions exist:

Cracked ice, milk with soda, one-third of a teaspoon to a glass, milk and lime water, milk and vichy, soda, seltzer, or carbonic-acid water, kumyss, meat juice, raw meat pulp scraped, clam broth, sour lemonade or lemonade and vichy.

Dry crackers, dry toast, and ginger snaps will cometimes be retained in sea-sickness, or a cracker buttered and sprinkled with a little Cayenne pepper.

An excellent preventive measure for nausea is to take six small meals a day instead of three large ones. It is important to do everything possible to ward off the initial attack so as not to establish the tendency toward nausea.

Try to prevent the mind dwelling upon the thought of sickness and to keep it upon thoughts of outdoor life and normal, healthy interests.

The establishment of a happy habit of thought and the regulation of one's time so that she is not alone brooding over the condition is one of the best preventives of the nausea habit.

If, however, the nausea persists and increases, the physician should be called as the condition sometimes requires medical skill.

Heartburn

"Heartburn" is a misnomer. It has nothing whatever to do with the heart, but is a burning sensation in the throat caused,

as a rule, by the development of too much acid in the stomach.

Sometimes the secretion of acids is retarded by taking a little fat in the form of a glass of rich milk or cream or a tablespoonful of olive oil fifteen or twenty minutes before meal time. After heartburn begins, however, fat is apt to make it worse and one must refrain from butter, milk, cream and greasy foods until the attack is over. Some physicians treat this by the use of alkalines such as 1/3 of a teaspoonful of common baking soda in a glass of water.

Varicose Veins

As a prevention of varicose veins, be sure to stand correctly so that all of the abdominal contents have plently of room to rise in the abdomen and there is no undue pressure upon either arteries or veins in the abdominal region.

The establishment of the habit of correct poise and the regular practice of exercises for the abdominal organs will almost al-

ways prevent this condition. If it occurs, however, the expectant mother should lie down a great deal of the time, being particular to lie so that there is no pressure over the abdomen. If one sits, be sure to sit well back in the chair with the stomach free.

If it becomes necessary to bandage the legs, provide bias strips of flannel, three inches wide, and sew these together until the strip measures eight yards in length. Bind these about the calves of the legs before arising. Begin at the toes, leave the heels uncovered, carrying the bandage around the legs and well over the knees, or higher if the thigh veins are distended.

Hemorrhoids or *piles* are distended veins. They are aggravated by constipation and by straining at the stool.

One should go to the stool regularly twice a day and sit there for ten or fifteen minutes, rather coaxing Nature and relaxing the bowels instead of straining them. Of course, the regular use of a laxative diet, as outlined above, is the best preven-

tive measure. The knee chest position often relieves the pain as does also, sometimes, cold ice packs if the veins protrude outside the rectum.

Auto-Intoxication (or Toxemia)

As the uterus grows, it is necessary for the mother to throw off more waste. The pores of the skin must be kept open by regular bathing and the use of coarse towels or a flesh brush.

Some of the symptoms which indicate that the waste of the system is not fully thrown off are:

Persistent vomiting.
Repeated headaches.
Dizziness.
Puffiness about the face and hands.
Spots before the eyes.
Neuralgic pains.
Twitching of the muscles.

As a rule, this condition indicates that the mother has not been getting the proper amount of exercise or the proper amount of fresh air or that she has not been eating sufficient laxative food, drinking sufficient

water and has not kept the bowels and the kidneys regular.

In case of this kind:

Avoid meat.
Drink plenty of water.
Take plenty of exercise.
Get plenty of fresh air day and night.
Bathe every day.
Sleep at least eight hours a night.
Do not overtire.
And get mental diversion which will give a happy, peaceful frame of mind.

Husband's Responsibility

Nature, in designing her great plan for the perpetuation of the race, intended that a woman should be joyous in the performance of her important part in the scheme of life. Any departure from this indicates an unnatural condition. Not only should the husband plan pleasant diversions for the wife and mother, but she should not be left to brood in solitude. Every fret and jar should be removed from her life, so far as possible, and she should not be overburdened with domestic cares.

The tender love and care of the husband at this time foster natural and perfect growth of the child in the effect on the nutriment as governed by the nerves of the mother. There is no direct connection between the nerves of the mother and the complete nerve organism of the child. This is a most fortunate provision of nature, for were the growing fetus directly controlled by the moods and thoughts of the mother, many a child would start life with most unfortunate physical habits.* It is through control of the circulation and the quality of blood that a mother's thoughts directly affect the child.

It is through the husband's treatment of the wife and mother that he is enabled to impress his own life, character and development on his child. Her condition should appeal to the finest instincts of his manhood, and every resource within his power should be employed for the happiness of the two lives entrusted to his keeping.

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*Publishers' Note: See Habits; Their effect upon The Nervous System: by Susanna Cocroft.

Birds and other animals furnish us a good example of the care and solicitude that the male shows the female in the propagation of species, guarding her from worry or physical discomfort during the development of their offspring, both before birth and while nourishing their young.

Intercourse during pregnancy frequently causes miscarriage, and is often the origin of distressing pelvic troubles. Most savage people as well as beasts of the forest suspend sexual relation during pregnancy.

Notwithstanding the fact that the greatest possible obligation rests on the husband, the mother's own conduct and mental poise determine, after all, the happy or wretched issue of her condition. She should form the habit of looking for good in friend and foe, and strive to be even-tempered and joyous.

Above all things, she should strive for self control; should remember that God, having enlisted her as a co-worker, is her sure strength and comfort.

Remember—"The Eternal God is thy dwelling place, and underneath thee are the everlasting arms."

Distaste for Motherhood

A repugnance for maternity indicates something radically wrong in a woman's ideals of life, dwarfing the highest and noblest instincts of womanhood and robbing her life of its most exquisite joys. When too late her solitary heart yearns for the clasp of little arms and the caress of little lips.

She who deliberately evades motherhood barters her birthright. The wife who refuses motherhood robs the husband of fatherhood and he will not hold her guiltless.

If nature has stricken her she must submit but she who deprives herself is indeed misguided.

The awakening of the mother nature heralds true soul development, lifts her to a

higher plane; broader vistas open before her, and life assumes a new and brighter outlook.

Harmony with the Creator once established, this divine aid and the abounding love of the mother heart will so aid her in guiding the young life entrusted to her, that she cannot go far wrong.

With many modifications and variations all living things come within the range of this ingenious arrangement of Nature. Her highest, most complex and most marvelous manifestations, however, are in the human species. That this beautiful law, in its highest and holiest sense, should be regarded with shame, or veiled with false modesty, degrades it resulting in perverted ideas, disease and suffering.

Children rivet the ties of matrimony. The bond is incomplete without this triune relation, representing the holy of holies in domestic life.

A married woman should at least be in condition for pregnancy, otherwise she is not a perfect woman, nor is she a perfect

wife. If she is physically normal, and not entirely selfish, looking alone to her own physical comfort the probabilities are that she will strongly desire to realize the joys of motherhood.

Unusual care and solicitude are shown on the part of Nature to produce her highest type, and eliminate all such as would thwart her purpose. She will often cripple a mother with disease, when hereditary taint or disease is likely to crop out in her children, thus rendering her sterile.

If a woman has no physical ailments which she fears to transmit to her progeny, and has sufficient intelligence to properly care for herself during the pregnancy period, a shrinking from the duties and privileges of motherhood is selfish, and narrow—she is not expanding, not ennobling, not taking her place in the world, realizing as did Mary, her power with God to create. She is not rising to her best, is not being the woman with whom every son should be able to compare his sweetheart; she must measure up to his mother or fall below his ideal.

Sterility

Sterility among young women usually has its inception in painful menstruation, the primary cause being inflammation of the ovaries. Non-development of the ovaries at puberty is, in many cases, responsible for this condition. Atrophy many times follows, producing sterility and loss of sexual function. Painful menstruation in such cases is due to unusual congestion of the pelvic organs, which causes pressure on the diseased and sensitive nerves. The pain is most excruciating, neuralgic in character, coming in paroxysms.

It must not be inferred that painful menstruation indicates sterility, however, for this is far from true. The causes of painful menstruation are discussed elsewhere.

Another cause of sterility is due to the cervix being almost or completely closed between the menstrual periods. This closure is due, sometimes to overstrained nerves and the habit of holding brain and

body too tense, and sometimes to displacement or flexion of the uterus.

A sterile wife, who longs for the beauty and soul growth of motherhood, should attend to the development of the ovaries through regular exercise to strengthen and bring nourishing blood to them, should build up her general vitality and her nervous system. She should also relax to enjoy coition because the relaxation and consequent opening of the cervix, by which the sperm more readily enters the uterus, depends to a degree upon the relaxed condition of the nerves during and following coition. Lying on the back in a relaxed condition after coition is helpful.

By virtue of the fact that the virile ovum remains in the uterus for six to eight days after menstruation, this is the most favorable time for impregnation. Three or four days before menstruation is also favorable.

Many causes of sterility are amenable to rational treatment, and, if conception be a physical possibility, the sterile woman, yearning for the joys of motherhood may

realize this natural and beautiful desire by overcoming the cause of her sterility in a perfectly safe and scientific way. If the tissues are merely weak, they can be toned, and displaced organs can almost always be toned and put in place by exercise and by deep breathing—thus purifying the blood and creating a good circulation.

Exercises should be prescribed for her by one who has made exercise, breathing, bathing, diet and rest, for this purpose a study.

Lactation

Since it was the mother's blood that supplied her nesting child with nutriment, her blood should also furnish it nutriment in the form of milk after its birth. Unless her blood is pure, however, it is best not to nurse her child.

Some children may thrive on manufactured baby foods, while such foods are most detrimental to others; to none are they a satisfactory substitute for the mother's milk.

Nature did not design the milk of an inferior animal for the nourishment of a human infant. The milk of a cow, for instance, not only contains too much casein for the new-born baby, but it is more difficult of digestion.

Where it is absolutely necessary to nurture the child with cow's milk, care should be taken that the milk be pure, containing no tuberculosis bacilli. It should always be sterilized.

The contents of the bowels of a new-born baby consist of a substance known as meconium, and, although this substance served a necessary purpose during its fetal life, it must be discharged after its birth. Nature, therefore, has wisely supplied the mother's first milk with the needed laxative, and, while this milk contains but little nourishment, it serves the purpose of freeing the infant's bowels of the meconium.

The mother's milk does not "come" until from forty-eight to sixty hours after the birth of the child. During this period the baby needs simply a few drops of

slightly warmed water now and then. It should be put to the breast every six hours after the mother has somewhat recovered from the fatigue of labor.

Should there be an excessive supply of milk for a few days, one may help to regulate this by the use of hot or cold applications according to the weather and the preference of the mother.

The nipples should be washed with boric acid or clean water after each nursing. Then they should be thoroughly dried and kept clean and dry as possible.

If the nipple cracks, a nipple shield either of rubber or glass should be used until they are healed. The baby's mouth should not be allowed to come in contact with a sore nipple.

Cracked nipples are sometimes caused by allowing the baby to nurse too long so that the nipples are wet and irritated too much of the time.

Irregular nursing should be very carefully avoided. Some physicians allow the child to nurse once in two hours in the be-

ginning and to gradually lengthen the period between nursing until the child nurses once in four hours.

If it is determined by weighing the baby every week or so that it is getting sufficient nourishment, then the periods between feeding should be lengthened to four hours.

The first few days there may be a slight loss in weight, but after that there should be a steady gain.

The breasts need great care during the pregnancy period. Gently and soothingly massage them daily. As you do so, use any kind of a pleasant lubricant, a little olive oil into which you have mixed a few drops of perfume, cocoa butter, a face cream—anything which serves as a pleasant lubricant so that the hands may slip smoothly. After massaging and drying, bathe them in witch hazel, cold tea or alcohol.

This will prevent the nipples from cracking.

Avoid all pressure or irritation from clothing, particularly avoid bust forms which press on or overheat the breasts.

If the breasts yield milk to the child, menstruation should not be expected, as a rule, for seven or eight months after confinement. If the mother does not nurse her child menstruation may be expected much sooner.

Profuse and regular menstruation after confinement is an evidence of inflammation and enlargement of the uterus, or some other diseased condition which needs attention.

Diet for a Nursing Mother

As a rule, the same diet which has been observed during pregnancy should be observed during the nursing period. This diet tends to prevent constipation and above all things constipation should be avoided.

If the milk is scanty, take plenty of fresh milk, eggs, fresh vegetables, ripe fruit and other plain foods with two or three teaspoonfuls of honey a day.

If the appetite is capricious it is better to eat six light meals a day than to depend upon four larger meals.

If the milk does not come in sufficient quantity or regularly, care should be taken to see that the mother is not worried, because the worry in taking care of the little one in her weakened condition is apt to not only effect the quality of the milk but the quantity.

Plenty of fresh air and sunshine in the mother's room is imperative. Do not be afraid of ventilation, but do not keep mother and child in a draft.

If the mother will make every effort to nurse her baby during the first few weeks when mother and child are adjusting themselves, the chances are that she can nurse it right through the early months and this is the surest safeguard for the health of the baby.

The menses sometimes recur before the nine months and it is not necessary to wean the baby when the menses appear, but it is necessary to wean it should pregnancy recur because in this event the mother cannot supply sufficient nutrition for herself and the baby.

Abortion, or Miscarriage

In the usual acceptation, the term abortion means to produce the death and expulsion of the fetus by a deliberate act—which is feticide. In scientific parlance, the death and expulsion of the fetus, up to the sixth month of pregnancy, is designated either as abortion or miscarriage, whether it be the result of a deliberate act, or the result of an accident. After the expiration of six months the expulsion of the fetus is referred to as premature birth.

A tendency to abortion or miscarriage may be due to various causes, a weakened or diseased condition of the organs of generation furnishing a prolific cause. Any disease of the uterus that lessens its vitality and prevents its enlargement will tend to result in the death of the fetus. Or, any diseased condition of the system that enfeebles it may render a continuance of life in the embryo impossible.

A lack of room in the pelvis and abdomen frequently cause miscarriages in first pregnancies. This results from tight and

heavy clothing, insufficient exercise and defective breathing. The debilitating effect of impure, heated atmosphere is also a cause; hence the importance of getting out into the fresh air and sunshine and of well ventilated sleeping and living rooms.

Every woman, in the early months of pregnancy, should be careful not to overtax herself at the time when the menses naturally would appear. If at this time a feeling of heaviness and pains are experienced, it is well to go directly to bed until the heaviness has passed.

As previously stated, the proper poise, with the rib cage fully expanded, so as to allow plenty of room for the fetus to rise and the child to be carried high, is one safeguard against miscarriage.

Immoderate sexual indulgence is exceedingly harmful at this time, for it diverts from its needed purpose the mother's energies. Incontinence at this time especially endangers a woman who has once miscarried.

The immediate cause of miscarriage may be lifting, straining, a fall, a jar, a blow, a violent cold, an acute attack of disease, fright, or any sudden mental emotion. The system soon forms any habit, and once having miscarried, a recurrence in subsequent pregnancies, at the same periods, frequently results, unless proper precautions are taken to build up the vitality.

The union betwen the placenta and the uterus does not become firm until about the eighteenth week of pregnancy, therefore miscarriage is more likely to occur before this time.

One should guard against over-exertion in the early weeks and at the first appearance of bleeding or abdominal pain the expectant mother should go to bed. If this pain persists, it is wise to send for a doctor, especially if pregnancy has advanced beyond the sixth week.

Occasionally the loosening of the placenta is so slight that it does not result in miscarriage, but if it is determined that the placenta has loosened the mother should rest in bed.

The same attention and treatment are required during and after miscarriage as for normal confinement. It should be ascertained that all parts of the placenta have been removed.

A neglected miscarriage may mean the total loss of health, while on the other hand a properly attended miscarriage will have no worse results than a delivery at normal time.

Marking the Child

Doctors and scientists are now practically agreed that a mother cannot mark her child by any mental impression. It has been commonly thought that if a mother was frightened by an animal, the child may take on the characteristics of the animal, but this has been so fully disproven that it is now given no credence.

Physicians agree that there is no connection between the mother and the child in the uterus by which nervous impressions can be conveyed. These nervous impressions by effecting the mother's health and

disturbing the circulation, may effect the health of the child through the circulation, but not directly through the nerves.

Derangements of the Generative Organs

Uterine and ovarian weakness often have their origin in a generally depleted condition of the entire nervous system, in poor circulation, and a consequent mal-nutrition. The cure for such cases is the building up of the strength and of the blood through proper assimilation of good, nourishing food.

Scientific physical exercises adapted to the needs of the individual, deep breathing, proper bathing and diet, sunshine, hot and cold water—in fact Nature's remedies—will in many cases be all that is needed to supply the needed tone to the nerves, establish perfect circulation through the vital organs, create a normal digestion, and cause a free elimination of the waste from the system.

In cases in which disease has its origin in the pelvic organs, these organs must be strengthened first. If they are displaced, merely to replace them will not keep them in position unless they, and the ligaments supporting them are strengthened. Proper exercise directed to the pelvic organs creates a strong circulation through them and the ligaments supporting the organs, supplying them with pure blood. Congestion, inflammation, general weakness, displacement, etc., are thus overcome, normal menstruation is established, and the ligaments are sufficiently strengthened to hold the organs in place. It takes time and patience to correct conditions of years' standing, but relief through building up the natural strength is lasting.

The network of sympathetic nerves about the pelvic organs is like so many telegraph wires over which messages are sent to the various organs of the body; hence, if the pelvic organs are diseased, the whole body suffers in sympathy. The connection between these organs and the nerve centers of the spine is very close, and the sympathy

very great. Any weakened or diseased condition of them, therefore, is communicated to the great nerve centers, thence to the brain, and results in extreme nervousness, headache, backache and general loss of strength. The sciatic nerve is often affected, which accounts for the pain in legs and feet in many cases of uterine weakness.

In fact the whole nervous organism is involved, the stomach being a most vulnerable point, because of its sensitiveness to all nervous disturbances, and because of the direct connection between the sympathetic nerve centers to the uterus and to the stomach; hence the digestion suffers and nutrition often becomes insufficient.

Indigestion and constipation are often the first apparent symptoms of uterine weakness. The futility of treating a patient for these conditions when they are merely symptoms, resulting from their close connection and sympathy with the nerves of the pelvic organs is apparent. Causes must be removed before disease can be eradicated.

Amenorrhea.—Cessation of menstruation, or amenorrhea, varies, from an occasional appearance of the function to its total suppression. It may be due to various causes. A general impairment of the generative organs may cause it; an excessive accumulation of fat; a dropsical condition; a breaking down of lining tissue; anemia; constipation; displacement of the pelvic organs; adhesions; flexions of the uterus; a closing of the os by reason of a growth or some impediment, or by flexion at the os; weakness of the nerves; or a hardening of the uterus after pregnancy. The most prolific cause of suppressed menstruation is probably congestion due to taking cold at the time of the flow.

Menstruation may be suppressed temporarily by apprehension, anxiety, grief, a nervous shock, a disturbance of the digestive system, weakness following fever, or a change of climate.

All of these conditions cause obstruction, hence a retention of waste in the system. If this waste accumulates for a long period the blood is poisoned by it. If

menstruation cannot be established, death will ensue, although the immediate cause of it may be due to some such disease as consumption, diabetes, Bright's disease, etc.

Impure blood, resulting from suppressed menstruation, reacts on the brain, causing dullness and drowsiness. Nature's effort to rid the system of the accumulation of blood is often manifested in nose bleed, headache, a dropsical condition, great lassitude, heaviness and aching of the limbs.

The only rational relief from suppressed menstruation is the building up of the nervous system, getting the circulation in perfect working order, the blood in a healthy condition, and in strengthening and putting the generative organs in place.

Proper exercises, deep breathing, good nourishing food, regular habits, plenty of fresh air and sunshine, abundant rest and relaxation—especially at the time when menstruation should occur—will give Nature the needed aid in the work of recup-

eration. A cure thus established will be permanent, if ordinary care and precautions are observed, and, in the event of a cold being contracted at some unguarded moment, the body will have sufficient resistance to throw it off. A treatment confined to local conditions, merely, can never accomplish such a result. There is no tonic so effective as exercise, fresh air and sunshine.

Painful Menstruation or Dysmenorrhea, has so many phases, and differs so materially in individuals, that it is impossible to treat the subject in its entirety in this volume. Since it is a symptom indicative of derangement of the organs of generation, it should be treated as a symptom.

It may be due to any one of several causes: congestion of the uterus; inflammation of the ovaries or fallopian tubes; sluggish circulation; weakness causing a distention of the walls of the blood vessels; a stagnant condition of the blood in the uterus; or structural changes in the walls of the uterus. An oversupply

of blood in the yielding vessels the flow will cause unnatural congestion and result in torturing pain, severe headaches, great restlessness, ofttimes accompanied by a rise in temperature and quickening pulse, the skin becoming hot and dry. Reflex symptoms are often apparent, such as pain down the legs and in the small of the back, nausea, constipation, exhaustion, sensitive bladder, and sore, tender breasts. In very severe cases, the pain will appear at intervals between menstrual periods.

Painful menstruation may also be due to some mechanical obstruction, such as a clot of mucus or blood in the cervix, or some growth as a polyp or small tumor may impede the flow.

Flexion of the uterus is a very common cause of painful menstruation. The uterus being bent on itself, either forward or backward, will nearly close the cervical canal and cause the patient to writhe in agony as the muscles contract in an effort to expel the accumulation of menstrual fluid. Uterine colic is frequently observed in such cases. The retention of the menstrual flow

by such obstructions distends the uterus, the muscles contract, and this expulsive effort causes pain. As the flow comes with a gush the pain is relieved until another accumulation causes a distention. Clots are sometimes expelled resembling pieces of liver. This is especially the case when the obstruction occurs in the cervix.

A thickening of the lining membrane of the uterus will prevent its allowing the blood to escape easily through its surface. In these conditions it is expelled in patches or shreds, or as a whole, accompanied by intense pain. This has been explained under "Menstruation."

The almost unbearable neuralgic pains, variable and shifting, which occur in highly nervous temperaments, indicate a derangement of the nerves centering in the pelvic organs. They are most frequent in young girls at the age of puberty and married women who have never borne children These neuralgic pains being of a shifting nature may attack various parts of the body, the head or the teeth, sometimes extending down one or both legs, as well as

through the breasts, the intercostal muscles, etc.; even the heart is sometimes affected by them.

The mind suffers greatly from these nervous disturbances and irritability is very frequent in such cases, accompanied oftentimes by a desire to withdraw from all companionship and brood over fancied sorrows. The only rational method of treating such a condition is to strengthen the entire nervous system, and build up the vitality.

Painful menstruation is so frequent among civilized women that it has come to be universally regarded as "the sick time," and anticipated by many with fear and dread. This should not be. Perfectly normal menstruation is so essential to a woman's well being that the importance of its regular and painless recurrence cannot be too forcibly impressed on her mind. There is nothing that makes such sad ravages in her appearance as a disturbance of this function. The traces of painful, profuse, irregular or scanty menstruation may in the beginning disappear at the ces-

sation of the flow, yet it is only a matter of time when the tense lines of the face, the unhealthy color of the skin, the dark circles about the eyes will proclaim, to even the casual student of physiology, the nature of her ailment. The woman so afflicted soon loses her buoyancy and her attractiveness; her mind becomes dulled, and her whole nervous organism suffers. Many women become morbid and even insane through such disturbances.

A dilation of the cervix by hard instruments in an effort to relieve painful menstruation, may seriously injure the tissues and nerves. Nature, properly assisted by special exercises, and a toning of the nerves will usually take care of this natural function and will not injure the delicate parts.

Chlorosis, or green sickness, most often attacks young women or girls nearing puberty. This disease is due to insufficient red corpuscles in the blood. The skin becomes pale, dark circles appear around the eyes, the lips are pale, dropsical symptoms often

appear, the hands and feet are icy, indicating that the circulation is poor, and often there is palpitation of the heart. Without the least exertion the sufferer will feel exhausted, the head becomes dizzy, and she will experience a ringing in the ears. An aching along the spine, and symptoms of hysteria and melancholia, great loss of appetite and cravings of a morbid nature, are symptoms frequently encountered. In such cases the menses are usually irregular or absent, the flow thin—leukorrhea may appear at the time of menstruation. However, profuse menstruation accompanies some cases of chlorosis.

If young girls, nearing the age of puberty, receive intelligent and proper instruction, tender care, and affection, much suffering will be saved them throughout their lives. In their ignorance they frequently check the menstrual flow, and arrest their development, by taking cold. It is of the utmost importance that the health be well looked after at this age, that life be made as easy and pleasant as possible. The circulation should be free and strong, and

blood properly nourished, the organs of elimination in perfect working order, else development of the generative organs will be retarded. Non-development of the ovaries may manifest itself in a flat chest, stooped shoulders, lustreless eyes, a dull mind and blunted affections.

Epilepsy, also, often has its inception in some disturbance of the menstrual function.

Congestion and Inflammation of the uterus are caused by a distention of the uterine blood vessels. It may be due to a lack of tone of the nerves, or to too high nerve tension. It results in tension, swelling, pain, heat and redness, and in profuse and prolonged menstruation. This distention of the blood vessels causes a pressure on the weakened nerves that traverse the tissues of the uterus, and produces great pain and distress, both in the uterus and in the organs connected with it. Pain is also felt in the back and in the head.

The fact that the uterine blood vessels are crooked conduces to great distention

of them when congested. The stagnant condition which results, and the consequent enlargement of the organ, prevent the proper nourishment of the uterine tissues and the natural elimination of their waste. The only wise course is to take prompt measures for the building up of the nerves. These nerves are strengthened by hygienic living by exercise, deep breathing, nourishing food and fresh air.

There are special high-sounding names given inflammation, varying according to its location, yet the condition, regardless of location, is of the same general character.

Each blood vessel is supplied with motor nerves. A weak condition of the nerves, therefore, will prevent proper expansion and contraction of the arteries, circulation will be impeded by the vessels becoming distended with blood. Their walls become lax and gradually expand, allowing some of the elements of the blood to escape into adjoining tissues. This accumulation of blood causes engorgement of the tissues;

chemical changes take place, which cause inflammation, and may result in ulceration.

Enlargement of the Uterus.—In pregnancy the uterus gradually enlarges and rises from the lower into the upper pelvis. This enlargement is natural, but enlargement of the uterus through disease places too great a strain on the ligaments that support it. An undue strain weakens them and retards their movement; if the enlargement continues the ligaments give way under this strain, and the uterus is then not only enlarged but it becomes displaced.

The enlarged uterus may be indurated or soft, extremely sensitive to the touch, or its sensory nerves may have become so impaired that it is devoid of sensation.

There are many causes for the enlargement of the uterus, as, adhesion of a part of the placenta after childbirth, a weakness due to a lack of exercise of the pelvis, or a consequent refusal of the uterus to resume its normal size after confinement, etc.

Leukorrhea.—The immediate cause of leukorrhea is congestion. It is sometimes

called "the whites," because of its color, although, owing to its constituents, it sometimes changes in color from white to greenish yellow It varies from the consistency of cream to that of a curd. Being one of the commonest diseases, or symptoms of disease, it is regarded by most women as "nothing serious," and by some as "natural," which facts greatly increase the grave danger of it.

Young girls are often afflicted with leukorrhea without their mothers' knowledge. The insidiousness of the derangement is increased by the fact that it seemingly gives but little trouble for so long a time; yet the vitality of the victim is being surely and steadily sapped by it. Owing to the sensitiveness of the nerves of the generative organs, diseased products are more easily absorbed into the system than is the case in any other part of the body. By virtue of the absorption of such poisonous products of disease, abnormal growths frequently result.

Leukorrhea is analogous to catarrh of the lining membrane of the head, nose and

throat. In severe and advanced cases of the disease, the discharge is of so acrid and excoriating a character that the skin will be rendered sore, and the vulva become highly inflamed by it. It will eventually cause looseness and flabbiness of the vagina.

Some of the richest constituents of the blood are contained in this discharge; hence it deprives the system of important nutritive elements, and is a continual drain on the vital forces. The system so deprived of these nutritive elements, which were designed to meet the general needs of the body, is too enfeebled to meet the deficiency. This is owing principally to the fact that instead of being supplied with reserve strength, enabling it to resist disease and run the human machinery, it has been weakened by the unnatural waste of nutritious elements.

The sticky character of the discharge, together with the inflamed condition of the cervix, sometimes completely closes the mouth of the uterus. This causes an accumulation of mucus within the uterus, and

in order to expel this, labor-like contractions occur.

Various local causes may lead to leukorrhea. Some of the most frequent immediate causes are tight lacing, strenuous exercise during menstruation, heavy underskirts hung from the waist, damp clothing, wet or cold feet, uncleanliness, prolonged nursing, abortions, miscarriages.

The only cure for leukorrhea is in overcoming the cause of the inflammation and weakness. This is effected by good blood and by exercise to strengthen the affected parts, as well as the entire body, by deep breathing, fresh air and nourishing food.

Displacement of the Uterus

Since the uterus is suspended within the pelvis by ligaments, which allow it freedom of motion, it can only be regarded as displaced when it permanently remains out of position. A distention of the bladder will cause a temporary backward displacement and a heavily loaded rectum, a forward displacement; but the uterus resumes its cor-

rect position when the bladder and rectum are relieved. With every step and

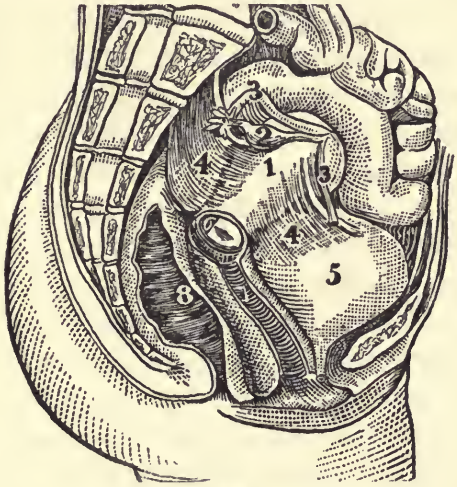

Fig. 4.

CORRECT POSITION OF PELVIC ORGANS.

1. Uterus; 2, Ovary; 3, Fallopian Tubes; 4, Peritoneum which forms the ligaments supporting the uterus; 5, Bladder; 6, Os, or opening into the uterus; 7, Vagina; 8, Rectum.

It will be noted that the uterus, in correct poise, slants forward at an angle of above forty-five degrees.

with every breath, particularly with deep breathing, the uterus moves with a rhythmic motion which aids in the maintenance of a perfect circulation, and perfect equilibrium. The importance of deep breathing should be emphasized—yet how few women breathe correctly!

A prolonged displacement impedes its natural motion, preventing the blood from passing freely to and from it; as a result, it becomes enlarged, heavy, weakened, and an easy prey to disease. A displacement twists the broad ligaments supporting it, and since it is through these broad ligaments that the blood vessels pass to and from the uterus, they also, are distorted; as the quantity of blood held within its walls increases, the uterus becomes heavier, the ligaments weaker and less able to aid it in resuming its normal position.

The primary cause of such displacement is usually a general weakness of the entire body.

The weakness may be due to overwork, overstrain, menstrual difficulties, too frequent childbearing, constipation, indigestion, poor circulation, impoverished blood, etc.

A heavy, bearing-down pain in the pelvis, backache, difficulty in walking, painful menstruation, and excessive nervousness, are symptoms of a displaced or prolapsed uterus.

Measurements of eighteen thousand women show that the standing position of seventy-five per cent of them tips the uterus backward. If one walks with the body in this poise, the heel strikes the ground and the body is jarred so that the ligaments become stretched and weakened; the result is prolapsus or retroversion—very common derangements.

Walking is not good exercise unless the body is properly poised. If women merely form habits of correct standing, walking and breathing, a new and vibrant life force will be experienced.

Unless bound down by firm adhesions, the uterus will go back to place when the patient assumes the right position to so replace it, and its supporting ligaments can be strengthened by special physical exercises used while in this position. The right exercises directly reach and strengthen these organs just as the muscles of the arms and legs are strengthened by exercises.

It is just as reasonable to splice the arm, take out a section of the muscles and sew

it together because the arm muscles have become weak and flabby through lack of exercise, as it is to cut out a piece of the ligaments supporting the uterus and sew them together because they have become flabby. Happily this operation is not so common as it formerly was. Women and physicians are realizing that there is a better way. Exercise intelligently prescribed for the ligaments brings new strength, and they contract and shorten naturally by reason of this strength, just as flabby muscles in any part of the body become strong by exercise and general vitality.

The above is the only rational method of correcting displacement, where adhesions are not present.

Anteversion is a turning forward of the whole uterus, the bend coming near the os.

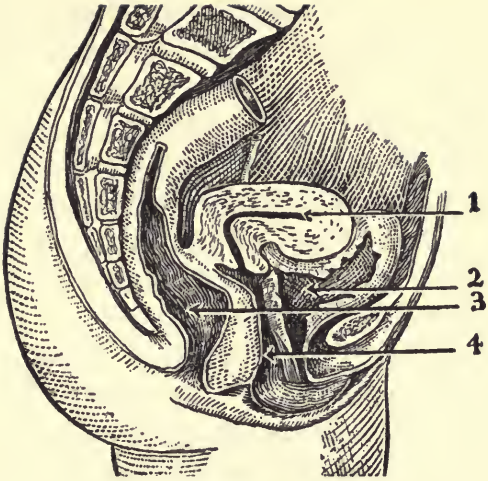

Fig. 5.

ANTEVERSION AND ANTEFLEXION

1, Uterus; 2, Bladder; 3, Rectum; 4, Vagina.
The uterus, bent upon itself, as well as tipped forward, interferes with menstruation and compresses the bladder.

Anteflexion is a bending forward of the top of the uterus only, and results from the muscles of the uterus becoming so softened and relaxed that the organ bends on itself, or it is due to pressure of intestines. When both anteversion and anteflexion are present, the condition is more serious and complicated, and will require a longer time to cure, since such a displacement in-

dicates both an enlargement of the organ and a softening of its muscular walls (See Fig. 5).

When the uterus is displaced, it cannot always empty itself properly at the menstrual period, and a part of the flow in the form of clots may be retained from one period to the next. This may be especially true in anteflexion of the uterus.

If the uterus becomes anteverted, the bladder and the nerves controlling it become greatly irritated, hence the desire for frequent urination in such cases; yet voiding the urine does not relieve the discomfort. If this unnatural strain on the bladder is not removed, inflammation, or cystitis, results. Through the constant irritation on the nerves, the sphincter muscles controlling the neck of the bladder eventually lose their power of contraction and a constant dribbling of urine will render the life of such a sufferer a burden.

The urethra may become involved in prolonged inflammation of the bladder; when prolonged for a long period such inflammation may extend to the kidneys.

Retroflexion is a bending backward of the uterus on itself in the same manner as the anteflexed uterus bends forward The muscular walls of the uterus, in retroflexion, become abnormally thin in the front, while the rear walls become abnormally thick, resulting in a varicose condition of the veins within the ligaments, eventually leading to prolapsus of the ovaries, fallopian tubes, and the uterus.

Since flexions are so liable to occur after confinement, owing to the soft and enlarged condition of the uterus, women cannot be too careful at this time, and should not leave their beds too soon.

The inflammation caused by flexions is a very prolific cause of adhesions of the bowels, and if the uterus remains displaced for long it is very liable to adhere to the rectum.

Both retroflexion and anteflexion are due to weakened ligaments, to a heavy uterus, and a softening of its tissues.

The cavity of the uterus may close by retroflexion, just as described in anteflexion, impeding the menstrual flow.

Retroversion means a backward displacement of the entire organ. As the enlarged uterus falls back against the rectum, that portion of the bowel is weakened, and the space through which the fecal matter must pass is lessened, so that constipation often results.

The unnatural tension put on the uterine ligaments causes backache; a hardening and drying of the feces packed in the upper part of the rectum results. While so retained, some of the poisonous elements are absorbed into the circulation and the whole system suffers, the uterus often becoming infected by the poison.

Various diseases of the rectum often attend such displacement of the uterus, not only because of the pressure on the rectum, but also because of the interference with the circulation through the mesenteric veins, which causes piles.

Such displacement drags all of the connecting organs more or less out of position. The stretching backward of the ligament which attaches the bladder to the

navel causes pain in the umbilical region, and serious complications often arise. The pressure of the uterus causes a disturb-

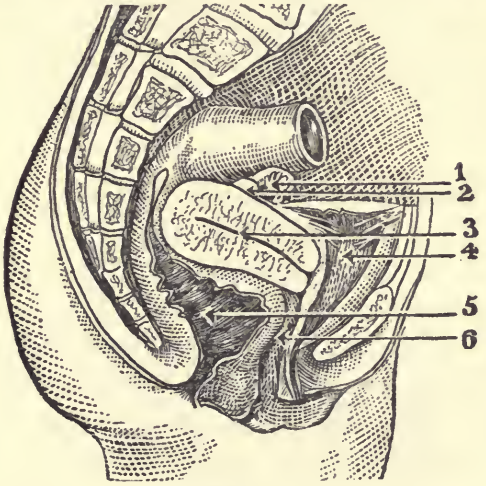

Fig. 6.

RETEROVERSION

1, End of Fallopian Tube; 2, Ovary; 3, Uterus; 4, Bladder; 5, Rectum; 6, Vagina.

It will be noted that in retroversion the uterus, instead of tipping forward forty-five degrees, tips backward, compressing the bladder, the vagina and the rectum and flexing the opening into the vagina, which interferes with menstrual flow.

ance in the network of nerves of the back, producing distressing mental and nervous symptoms and backache.

Some of the symptoms attending such a displacement are a dragging sensation in

the pelvis and the back, pains down the front of the thighs, derangement of the nerves of the stomach, severe pain in the back of head, melancholia, etc. The circulation is impeded by the twisting of the broad ligaments, and there is always liability of this resulting in varicose veins.

Prolapsus, or Falling of the Womb is due to an enlargement of the organ, as a result of congestion and inflammation, the muscles by which it is swung being so severely taxed that they lose their elasticity, and can no longer hold the enlarged and heavy organ in place. The prolapsus may be complete (See Fig. 7) or partial.

Such a displacement ultimately drags down the vaginal walls, as they are continuous with the neck of the uterus. As the anterior wall of the vagina forms the posterior wall of the bladder, it also becomes prolapsed, resulting in serious complications.

Partial paralysis may result from a complete prolapsus, owing to the pressure on

the sciatic nerves. This pressure on the nerves causes them to ache, and this ache is often confused with rheumatism.

In order to overcome this difficulty the inflammation must be reduced before the uterus will return to its normal size, weight and position. If the vitality be

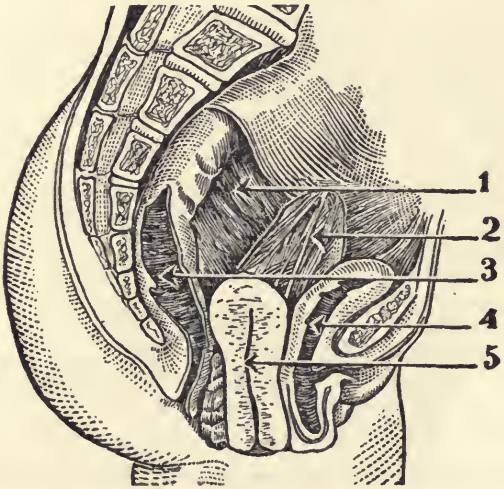

Fig. 7.

PROLAPSUS, OR FALLING OF THE WOMB.

1, Peritoneum; 2, The Ligaments of the Peritoneum, which have become so weakened and stretched that they give no support to the uterus; 3, Rectum; 4, Bladder; 5, The prolapsed uterus, which has dropped down into the vagina.

The pull and pressure on the delicate and sensitive nerves about the uterus may be well imagined in the displaced position of this organ illustrated in Fig. 5, 6 and 7. These cuts show the extreme position of the organs; many women suffer from displacement in varying degrees.

built up systematically, the uterus will regain its normal tone, and the ligaments holding the organ in place will be strengthened. Exercises and cold salt water douches are particularly helpful in most cases of prolapsus. They give strength and re-establish the normal circulation through the organ.

Many advise pregnancy as a means of cure for displacements, but a displaced uterus means a weakened and often a diseased one, which may affect the carrying of the child. The mother may miscarry and thus bring on herself still greater sufferings. The general weakness, or the impoverished blood which may have caused the displacement, should be corrected before a woman risks pregnancy, both for her own sake and for the sake of the child.

A prolapsed uterus can be lifted unless the peritoneal wall has been punctured, atrophied or wasted away. Exercise to strengthen the tissues by bringing a good circulation of nutritious blood to all abdominal organs, correct posture so that the

organs will retain their normal poise, proper walking (not on the heels), and proper breathing *will raise prolapsed abdominal organs.*

Operations

One cannot speak too strongly against the tendency current in the past few years to operate on a woman on slight provocation. Every woman should hold her body as Godgiven and inviolable and should allow an operation only after every other means has failed. Osteopathy, physical culture, the rest cure and such means are more natural and more lasting than the knife.

Vigorous, promiscuous exercise must not be indulged in; but the right kind of exercise, directed by one who has made the condition a study, is invaluable.

Many of the local treatments and operations resorted to for female complaints are barbarous to a degree, and tend to aggravate such troubles. Cancer may result from a bruise of the delicate tissues by the harsh instruments.

Pessaries and Shortening of Ligaments. —The use of pessaries, or artificial supports, do not overcome the *cause* of displacements or prolapsus of the uterus, hence their use, alone, cannot effect a cure. The real cure lies in building up the strength and vitality through the natural means of exercise, nourishing food, deep breathing of fresh air and rest. The work of restoration of a good circulation and tone to the muscles should be begun at once.

Neither can an artificial shortening of the ligaments correct the *cause* of their laxity. If the blood remains impoverished, and all connecting tissues remain weak, with the heavy uterus, which almost always prevails, it is only a matter of time when the ligaments will stretch still more. These relaxed muscles need tone, not abuse. Harsh methods do not supply the nerves with the needed tonicity, and often takes one longer to recover from the shock of the operation than from the original trouble. Properly treated and strengthened, the nerves and muscles will, of themselves, lift the uterus into its normal position.

Pessaries are often a help, however, in holding the uterus in place and thus preventing the undue strain on the ligaments while they are being toned and strengthened.

Fixation.—One of the replacing methods employed in surgery is ventral fixation, a fastening of the fundus of the uterus to the abdominal walls. Fixation is unnatural, the uterus should be movable. Intense nervousness, burning pains and a pulling sensation may follow such an operation. Nature never intended this organ to be sewed to another. This unnatural effort to overcome a form of displacement, amenable to rational treatment, produces another kind of displacement, with no chance of relief. Dragging the uterus forward and upward several inches in such an operation puts a strain on the bladder, as well as on the nerves, muscles and tissues and may cause displacement of the contents of the whole pelvic viscera. Happily the most progressive physicians no longer recommend this operation, unless

the supports are entirely gone, which is seldom the case.

Curettement.—In curettement, a speculum is inserted into the vagina. Then the uterus, by the aid of sharp hooks, is dragged downward and outward to the vaginal orifice. The mouth of the uterus is then dilated, the curette inserted into its cavity, and, as it is drawn outward, the inner wall of its lining membrane is scraped away by the pressure of the sharp edges of the instrument against it. Ostensibly the purpose of this operation is to clear away the diseased lining membrane in order that a new lining membrane may form. With proper assistance, in toning the nerves and establishing good circulation, a new and healthy lining membrane may be produced.

There is no organ of the body so sensitive as the uterus, and it not only resents, but resists, such mechanical interference. Even with the most careful manipulation and dilation it can only be opened sufficiently to introduce the curette. No matter

how skillfully it may be done, treatment that requires such harsh and forceful measures bruises the tissues. An incompetent or careless operator may thrust the curette through the uterine walls, especially if these walls are soft, and dangerous hemorrhages may ensue.

After such an operation the uterine ends of the fallopian tubes are left raw and bleeding, and their small openings are sometimes entirely closed by the subsequent inflammation, resulting in serious complications. The lining membrane, afterward formed, is not always a normal one, but may become scarred and hard. Repeated curettements may convert the naturally thin and tissue-like lining membrane into a tough and thickened covering.

The ligaments of the uterus, as well as the posterior walls of the bladder, and the anterior walls of the rectum, are stretched by this harsh usage and often subsequent skillful medical treatment and care will not enable them to regain their normal elasticity and strength.

Such harsh and unnatural methods will not cure a disease of the uterus, but, on the contrary, will implicate the ovaries and fallopian tubes, and pave the way to menstrual complications. Such methods do not give the needed tone to the weakened nerves, but irritate and enfeeble them; neither do such harsh methods promote good circulation or nourish the blood.

One of the most eminent surgeons of the United States says that curettement is only necessary, or beneficial, in cases of abortion, or when the afterbirth is retained; otherwise the operation is harmful.

Strangely enough, physicians seldom allow this operation on their own wives or daughters. The average physician advises this because medicine and every other means with which he is personally familiar has failed and the patient insists on relief in some form.

Removal of the Ovaries.—No outrage on womankind so deserves the condemnation of every thinking man and woman as the freedom with which physicians

formerly removed the ovaries of women. The fact that one physician cannot cure a diseased ovary does not preclude another's doing so, nor does it mean that such organs cannot be put in normal condition by exercise, rest, diet and breathing; neither does it invest such physician with the right to cut out an organ which he personally cannot cure, and throw it away. Such an operation should be deferred until every known remedy has been exhausted, and only resorted to in an extremity, as a means of saving life or reason.

Many times death would be preferable to the mental anguish and nervous horror which follow such an operation. It should be borne in mind, also, that surgeons, even reputable ones, are entirely too ready to declare such an operation necessary. Many physicians have a very limited knowledge of cures outside of medicine or the knife. Their knowledge is broadening, however, from year to year.

So great is the indignation that rankles in the hearts of men and women, who are informed on this subject,—as the full

significance of the injustice done their suffering womankind is borne on them,— that they would fain shout from the very housetops protests and warnings of the multiplicity of dangers and sorrows thus invited. This custom of mutilating the bodies of women is becoming less and less frequent, and it is well. The growing skill in surgery has reached so high a point of excellence that danger of death from ovariotomy has been reduced to a minimum but the surgeon rarely follows up his case long enough to know the effect on his patient's nerves.

The inference is not to be drawn from this that all surgeons so recklessly use the knife. Yet such recklessness is altogether too prevalent for the safety and happiness of woman.

The ovaries cannot be removed without seriously impairing and weakening the brain centers that control them. A woman deprived of these organs loses the vital force they represent, and often becomes coarse and mannish.

There is always hope of curing disease, but none, whatever, of restoring organs once removed. Not only do the brain centers controlling these organs suffer by their disease or removal, but all the other brain centers suffer in sympathy. Therefore, such a severance of the intricate system of connecting nerves endangers both mind, body, and the spirit.

No part of the generative tract can be cut without the severance of many nerves; a constant irritation of these severed nerve ends results, this nags the brain centers and depletes the vitality.

The large supply of blood of these organs requires a large number of blood vessels. A severance of these also takes place in ovariotomy, the larger ones must be tied, the smaller one are covered by the scar tissue that forms.

Disintegration of the nerves may follow ovariotomy, for the reason that they are deprived of the work that nature intended them to do, so naturally they perish, —partly through inactivity, and partly

owing to the violence of cutting them,—gradually wasting away at the severed ends towards the spinal cord. This will explain why a woman thus deprived of normal physical and mental activity sometimes becomes morbid and loses interest in life; it will explain, in a great measure, the frightful nervous condition, the headaches at the base of the brain, following ovariotomy.

The statistics of one of the largest hospitals in Paris—taken a few years ago—show that an overwhelming per cent. of young women, unsexed by the removal of the ovaries, were more or less maimed for life, either by increased nervousness, insomnia, insane fits of temper, melancholia, headaches, stomach difficulties, or loss of feminine characteristics—resulting in a coarsening of the whole nature.

Swollen, sensitive and displaced ovaries can be relieved by safe and natural methods, if the disease has not become malignant.

There are numerous causes for ovaritis; a sudden suppression of the menses is a

very prolific one; inflammation of the surrounding parts will extend to them; displacements of the pelvic organs, barbarous local treatments, pessaries, excessive indulgences, and anything that weakens or interferes with the circulation.

Because of its position, the left ovary is more vulnerable than the right, and is oftener affected. The upper part of the rectum being on that side, the pressure caused by the passage of fecal matter, especially if constipation exists, tends to irritate that ovary. There is a greater tendency to congestion and inflammation of the left ovary also for the reason that unlike the right ovary the value that aids in controlling the circulation of the latter is lacking in it.

Such a mutilation of a woman's body is a crime against womankind and against God, —a crime which it is impossible to atone, a breakage that no human skill can repair.

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